BBC goodfood
Middle East
August 2022
DHS15
www.bbcgoodfoodme.com

Summertime celebration

- One-pan watercress-stuffed salmon with parmesan new potatoes
- Chard spanakopita
- Lemon & elderflower traybake

BRILLIANT FREZER HACKS

STAYCATION SPECIAL

Unwind at these city escapes

Beat the heat

Honey & lime ice cream • Strawberry ice lollies • Orange & dark chocolate yogurt bowls

CPI
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THE BEACH

Pavilion at THE BEACH

ENJOY YOUR LUNCH WITH *a punch*

NOW OPEN! Discover elegant dining with luxurious seaside views. **Pavilion at The Beach** is a licensed precinct that comprises of 6 exceptional concept restaurants offering wine lists and panoramic vistas of the Arabian Sea. The day to night venue with outdoor terraces and air-conditioned interiors is ideal for special celebrations or casual meet ups at any time of the year.

Pavilion Restaurants

AKIBA DORI

Inspired by the anime culture of Akihabara, this trendy alleyway-styled restobar is a licensed indoor food hall, serving Japanese street food and Tokyo Neapolitan Pizzas.

EATALY AT THE BEACH

Discover the world of Eataly at The Beach: Experience the true taste of Italy at this artisanal marketplace offering hundreds of authentic products and hand-picked gourmet dining options.

BUUR BRUNCH × DINNER

This family-friendly Middle Eastern and Continental food concept restaurant is known for their unique breakfast creations. This is Buur's first branch in Dubai.

HURRICANE'S GRILL & BAR

Hurricane's Grill & Bar is a family-friendly steakhouse known for high quality steaks and ribs and value for money, with a menu offering something for everyone!

CLAW BBQ DiveBar • Crabshack

Opening soon

American diner inspired restaurant, CLAW BBQ is the perfect place to enjoy amazing cocktails, delicious grills and seafood.

LA MEZCALERIA

La Mezcaleria is a vibrant, modern kitchen and lounge with a serious sense of fun. Experience dinner to late-night drinks at this tex/mex inspired cuisine.

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Welcome!



Back-to-school season is just around the corner, but before we brace ourselves for the busy season ahead, let's enjoy August to the fullest. For long, tedious days that require meals in a jiffy, our Midweek Meals offer plenty of inspiration. When you can, and want to, spend a little more time in the kitchen, the elevated Pavlova (p28) is a must-try, as are the sweet and savoury dishes that place the humble honey in the spotlight (p34).

In keeping with the summer theme, you will find ways to use seasonal produce in light, nutritious recipes such as Chard Spanakopita (p39), our cover star One-pan Watercress-stuffed salmon (p45), and a no-cook treat for all ages (p32). Children can hone their culinary skills with an assortment of summer fête sweets (p59) that are apt for snacking and gifts for friends and neighbours. While the kids are busy, adults can tidy up and transform the freezer with these clever tips (p66).

It may be the end of summer, but you can still indulge in a staycation or two before the September rush kicks in – find memorable escapes in the country (from p78).

Happy reading!

Nicola Monteath
Editor

WHAT WE'RE LOVING!



"Tea-time has become a significant afternoon ritual this summer, especially enjoyed with a fresh bake like this simple Raspberry cake," says Sales manager, Liz.



"I love a good curry at least once a week. Since I've been cutting back on meat, this Light summer tofu curry is a great way to get my fix while increasing my veggie and protein intake," says graphic designer, Froilan.

BBC goodfood Middle East

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Our recipe descriptions

V Suitable for vegetarians.
❄ You can freeze it.
Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.
Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:
P Contains pork.

YOUR SAY

We love hearing from you!

STAR LETTER



BBC Good Food ME brings out the culinary genius within its readers, like me! When I get the opportunity to read the magazine, I am transformed into Chefs Heston or Gordon in my kitchen space. There is heart and soul in your articles, it invites readers like me to step into my kitchen and cook something extraordinary for my family. Making stocks, soups and sauces from a simple grain or unknown greens, you make readers fall in love with cooking, rather than the chore it can be! You have also made my 8-year-old fall in love with cooking, with the simple oat's recipe from the June/July issue. She was amazed at how versatile it is rather than just making porridge. *BBC Good Food ME* has inspired the mother of a future chef.

Prima Castelino



The kitchen hacks were simply awesome. I didn't know that a little coffee in the steak and marinade would give it such a fantastic, restaurant-like flavour and colour. The One pots were just wow! Loved all the recipes, especially the Beef and Sichuan pepper stir fry. I can still taste the strawberry and elderflower semifreddo - simple and flavorful.

Razana Parveen



I liked the article *21 ways to save money* by Clair Thomson. She gave readers some really handy tips, especially the purchasing tips from the market. These small things can help in budgeting kitchen supplies.

Sobia Makhdoom

WIN!

A CULINARY HAMPER FROM RENARTE, WORTH AED1,120

RENARTE is a global hospitality supplies company with over 40 world-renowned brands under their distribution in the Middle East. The brand boasts an exhaustive and remarkable selection of products, ranging from complete kitchen equipment and crockery, cutlery, tabletop items, tableware, porcelain, glassware and flatware, to catering equipment, bar and stewarding gear and an impressive array of table linen. RENARTE's range of quality hospitality supplies is carefully curated to gratify and complement every need of every hotelier. One lucky winner will win a pre-packaged hamper from RENARTE, brimming with an exquisite selection of hospitality supplies, including crockery, cutlery, and serve ware, for an unforgettable restaurant-level dining experience at home.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

Photographs SUPPLIED

Roberto's



EARLY DINING BLISS AT ROBERTO'S

Available every day from 5PM to 7PM,
Tramonto is served in the Piemonte dining room where guests may enjoy an intimate get-together over breathtaking views. Tramonto, Italian for 'sunset,' is a delicate three-course menu paired with a glass of grape, for all food aficionados.

3-COURSE MENU | AED 250/PERSON

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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



Empowering local farmers

Food Crowd - part of Al Dahra (the UAE's multinational leader in agribusiness) - is an online grocery store that supports local farmers and recently launched the 'Express Delivery' feature. You can now receive fresh produce, dairy, eggs, meat, seafood, and premium quality products within 60 minutes of ordering, at over 40 destinations across Dubai. Food Crowd's platform aims to promote "From the Community to the Community" and "Buy Local to Support Local."

Order via the app (Android and IOS) or foodcrowd.com.



THE BEST BITES

A novel trending UK dessert concept has launched in Dubai. Introducing Traybae, a homegrown baked-goods start-up serving traybakes, apt for gifting and snacking. The sharing-style dessert pays homage to the traditional baking method, offering nostalgia with childhood-favourite recipes. Choose from flavours such as The Jammin Blondie (indulgent jam swirls and white chocolate chunks, topped with jammy biscuits), The Lotulicious Blondie for afternoon tea (filled with soft white chocolate and chunks of Lotus biscuits), The OG Brownie (fudgy, oozing with Belgian milk chocolate), The Cookie Bar featuring Belgian chocolate chips bursting with Mars Bar chunks, The Caramel Crispy comprising Rice Krispies bars laced with a secret caramel mix topped with Belgian and white chocolate swirls, and The Malteser Slice.

Traybae delights can be ordered via Deliveroo, or directly via traybaedxb.com.

Photographs SUPPLIED



SUSTAINABLE STEP

Emirates Flight Catering, in a joint venture with Emirates Crop One, has unveiled the world's largest hydroponic farm in Dubai, Bustanica. Located near Al Maktoum International Airport at Dubai World Central, the 330,000 sq ft facility is geared to produce more than 1 million kilograms of high-quality leafy greens annually, requiring 95% less water than conventional agriculture. At any point in time, the facility grows in excess of 1m plants, which will provide an output of 3,000 kgs per day. Bustanica is driven by powerful technology – machine learning, artificial intelligence and advanced methods – and a highly specialised in-house team that includes agronomy experts, engineers, horticulturists and plant scientists. A continuous production cycle ensures the produce is fresh and clean, and grown without pesticides, herbicides, or chemicals. The next time you fly Emirates, look forward to eating leafy greens, including lettuce, arugula, mixed salad leaves and spinach.

Cheers with Martini 0.0



Martini 0.0 debuts in the Middle East! Using the finest grapes from Northern Italy, combined with well-honed skills and decades of expertise, Martini 0.0 is an all-natural, alcohol-free, sparkling beverage. Available in two variants: Martini Dolce 0.0 (light, sweet, and fruity with hints of apple and pear) and Martini Rosé 0.0 (fresh and fruity with notes of rose, raspberry, and wild strawberry) it's the perfect addition to mocktails and summer soirées.

Available on Amazon and drinkdrystore.com.

GOING DIGITAL



Michelin starred chef Vikas Khanna has collaborated with Akshaya.io, the World's first 'Phygital' platform, to create a Non-Fungible Token (NFT) of his latest work, "Sacred Food of India". The limited-edition book features recipes of prasad and foods served at various holy places across India. Akshaya.io has created NFTs of the book, enabling Vikas Khanna's fans and those interested in rare collectables to own the original NFT alongside the physical book. This purchase will authenticate the originality of this limited-edition work, and ownership of the asset cannot be duplicated in any form. This is the first-ever collaboration for Chef Vikas Khanna with a Web 3.0 enterprise.

Visit akshaya.io for more information.

MARK YOUR CALENDAR



Held under the patronage of His Highness Sheikh Mansour bin Zayed Al Nahyan, Deputy Prime Minister and Minister of the Presidential Court, and Chairman of the Board of Abu Dhabi Agriculture and Food Safety Authority (ADAFSA), the first edition of the Abu Dhabi International Food Exhibition (ADIFE) is scheduled to be launched on December 6-8, 2022. Organised by Abu Dhabi National Exhibitions Company (ADNEC) the event will witness wide-scale local and international participation by major companies specialising in the food, beverage and hospitality sectors, in addition to experts, specialists, and decision-makers within these industries.



GET INSPIRED AT LUNCH HOUR

Myrra upgrades the conventional business lunch with the launch of the Creativity Lunch concept

Dubai's Greek beachfront restaurant on The Palm, Myrra, invites creatives and innovators to a lunch-time gastronomy experience designed to foster collaboration, at the newly launched "Creativity Lunch" concept. Solely designed to get creatives "eating out of the box" to find inspiration outside the four walls of an office, the menu showcases highlights from Myrra's Greek and Spanish roots with the goal of invoking creativity and connections. Diners can find new collaborations or explore more profound connections with expressive artistic entertainment that transport the lunch experience beyond the norms.

Diners have the option to commence their culinary journey with plates like the whole grain bread which contains ample nutrients and fibre, drenched with olive oil to help balance blood sugar levels, or the antioxidant-rich Myrra salad packed with micro and phytonutrients, fibre and folates, that boost your mood and metabolism.

Vegetarians and vegans will savour the Roasted cauliflower with tahini dressing, for a dose of amino acids to boost serotonin, while meat lovers can feast on the Kleftiko 48-hours braised lamb shoulder with feta mash and Kalamata olives, packed with iron. The menu also features nutrient-loaded juices for the ultimate connection between food and brain power. The Creativity lunch is not complete without the celebrated Torrija with walnuts, a natural serotonin booster that has been touted as the feel-good cocoa.

The experience is set to break the boundaries of connections by offering sumptuous offerings in an airy, imaginative space, where real conversations and honest brainstorming can thrive. Expect a perfect ambience turning what's meant to be a lunch break into a lunch breakthrough at our Creativity Lunch.

The menu will be available from Monday to Friday, 12-3pm. Contact + 9714 770 1433 or email reservation@myrrarestaurant.com. Instagram @myrrarestaurant

Flavours of the month

What's hot and happening around town this month

BENJARONG, DUSIT THANI DUBAI

Gather colleagues for an authentic three-course Thai Business Lunch. The carefully curated menu features flavourful dishes designed to excite the senses, and diners can choose from soup/salad/appetiser, main course and dessert. Diners can also enjoy unlimited soft beverages, and coffee or tea for an additional add-on of AED 25.

AED109 per person. Daily (except Saturdays), from 12-3pm. Contact +9714 317 4515.



INTERSECT BY LEXUS

Offering a cultural space where guests can engage with the automotive brand, Lexus, through food, design, art, fashion, music and technology, the revamped venue at Gate Village, Building 3-7, DIFC, features a curated gallery of unique accessories. Downstairs, guests can experience the 'Garage' showcasing the all-new Lexus NX. Diners can also tuck into a fine dining menu boasting Japanese fusion dishes including sushi, cold and hot starters and a wide array of mocktails.

Contact +9714 355 9524.

Photographs SUPPLIED

Benjarong, Dusit Thani Dubai



MAIDEN SHANGHAI, FIVE PALM JUMEIRAH

Gather your friends for the Naughty Noodles Brunch, and enjoy unlimited gourmet Chinese food and specially crafted blends with the best of live entertainment courtesy of the DJ. Stay back for sundowners from 4-7pm and take advantage of the special drinks offer.

Saturday from 1-4pm. AED450 for the house package and AED500 for the bubbly package. The drinks offer is available for AED120. Contact +9714 455 9989.



DUBAI CREEK RESORT

Dubai Creek Resort has partnered with VIYA, a luxury lifestyle rewards app, for amazing summer promotions at the iconic Boardwalk, Casa de Tapas, The Thai Kitchen, Lakeview and QD's. Win exciting prizes such as complimentary meals, a staycation at a four-bedroom villa with a private pool, and a Topgolf game for you and your friends, when you dine five times at any of the participating restaurants and collect stamps on a passport. The promotion is valid for all VIYA app users until August 31, 2022.

Visit viya.ae



SOLCASA

City Centre Mirdif is now home to a new Mediterranean restaurant, Solcasa. Majid Al Futtaim's largest standalone restaurant recreates the ambience of a Mediterranean courtyard, where diners can indulge in sharing-style dishes with an emphasis on locally sourced, seasonal produce. The menu features signature dishes including artichoke and shallot tart, beef bourguignon, seafood paella and Tuscan steak striploin. During your shopping break, try the speciality coffee and delectable desserts including sticky date pudding and chocolate and peanut butter fondant.

Contact +9714 365 3215.



ALAYA

Dubai's celebrated restaurateur, Evgeny Kuzin and the renowned Chef Izu Ani have once again partnered, to create Alaya, a concept that celebrates the vibrant cuisine of the Mediterranean with Middle Eastern influences. Chef Izu's sensorial journey aims to encapsulate the generosity and care the Middle East region is hailed for, combining tradition with a contemporary approach. Alaya dishes showcase fresh herbs and spices, prime meat and seafood, pine, pistachio, almond and sesame; as well as freekeh, pulses, and plenty of squeezes of lemon, alongside Middle Eastern spices.

Contact +9714 570 6289.



MANSION, FIVE JUMEIRAH VILLAGE

Dubai's latest nightlife destination, The Mansion, offers a sensational after-hours concept boasting chart-topping hip-hop beats, a DJ lineup of renowned artists, opulent gold and black interiors, and a grand staircase leading to the VVIP section – all set to be an electrifying platform for music, fashion, and culinary offerings. Experience the Caviar Show Spectacular, where 1kg of Sevruga Caviar, one of the world's finest Black Caviar from the Caspian Sea, is brought to your table by bodyguards in a locked suitcase, presented in a grand gold tin for a mere AED10,000! Seven signature handcrafted concoctions – most distilled in-house – and a Japanese-inspired sharing style menu is also available.

Call +97158 900 9837.

GCC



MIDAR, THE GARDENS, THE AVENUES

The first premium Kuwaiti seafood restaurant has become a cultural landmark, offering authentic cuisine, traditional hospitality and music that pays tribute to Kuwait's Golden Era of the 1960s and 1970s. Diners can look forward to a contemporary yet nostalgic experience, where the ocean plays a key influence in Midar's design, with patterns emulating fish scales carved into the marble, oxidized fishing nets adorning the ceiling, vintage brass detail and walls blanketed with sanded textures. Star dishes on the menu include the Royal Muttabag, Maabouch tannour bread, crab curry, and grilled fish (on charcoal with smoked palm leaves) featuring the market's daily find on display, sourced from local fishermen.

Contact +965 22201090.





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Tried & tasted

Our top dining experiences this month





SĀN BEACH



With soft sand imported from the Maldives, sun loungers that are comfortable enough to laze on for hours, and a submerged marble pool bar, apart from the temperature-controlled pool with stunning views of the Dubai Marina skyline, the newly launched beach and pool club is the perfect spot to cool down on a hot day.

Sited near the top end of Palm West Beach, the club features a sprawling indoor restaurant with calming neutral hues flanked by greenery, a live seafood bar towards one corner and two decks – the upper part featuring an infinity pool, al fresco dining, pool bar, DJ booth and cabanas, while the lower deck comprises sun loungers and direct access to West Beach.

Menu highlights:

We headed straight for a lounger by the infinity pool and ordered refreshing concoctions with mastiha and coconut, served in chic pottery-style cups and glasses. Taking our drinks to the pool, my dining partner and I positioned ourselves on the submerged tanning ledge while admiring the view of Ain Dubai in the distance.

A pool day isn't complete without a range of snacks to nibble on. The lightly batter fried calamari and truffle parmesan fries arrived on a tray that can be tucked away on the side table. We instantly dipped crispy pieces of tender calamari into the slightly spicy tobanjan mayo. The truffle parmesan fries were great to munch on too, but after a while, we needed to curb our hunger pangs as the heat started to wear us down.

In between dips in the pool to cool down, we ordered the Korean short rib sliders. These bite-sized sliders offered a sensational mouthfeel, as the texture of braised meat paired sublimely with the kimchi aioli and pickled cucumber in soft marble charcoal buns. We wished these delectable sliders were slightly bigger, as it wasn't as filling as we expected it to be. Nevertheless, a great light bite.

Around lunchtime, we made our way indoors to the refined setting that lends effortlessly chic vibes of a "soul retreat" within a vibrant dining space. On the menu, you can find everything from fresh seafood to sandwiches and steak. We chose to share mains and ordered the whole Maine lobster linguine and Ribeye steak (300g). Pleased with the generous portions, we dove right into the juicy lobster pasta topped with Amalfi lemon zest, each strand of linguine exquisitely coated with tomato flavoured lobster bisque sauce. The Ribeye was done at the temperature we prefer, medium rare, served with just a sprinkle of salt. Served with bearnaise and peppercorn, it was a filling lunch for two, leaving no room for desserts.

Contact +9714 458 0499 or visit sanbeachdubai.com.





#bbcgfmemawards

BBC goodfood Middle East

MAGAZINE AWARDS 2022

Celebrating the Best in Hospitality and Dining

The BBC Good Food Middle East Magazine Awards are the only awards in the region offering recognition based solely on customers' stamp of approval across various categories.

Vote now for your favourite restaurant, hotel, brand and establishment across the Middle East, to ensure they reach the Top 10 in their respective category.

The clock is ticking. Every vote counts!

VOTE NOW!

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VENUS RISTORANTE

Tucked away towards a corner of Caesars Palace Dubai, is this restaurant and beach club that offers panoramic vistas of the Dubai skyline coupled with ocean views. Soak up the rays by the pool in the afternoon before being transported to an authentic Italian seaside experience for a meal.

Menu highlights:

The Mediterranean menu features everything from woodfired pizzas to homemade pasta, grilled meats and seafood. Perusing the menu to match our cravings for the evening, we ordered the fresh Insalata Cleo's featuring romaine lettuce, crisp radicchio and bite-sized pieces of zucchini tossed with sweet and sour cherry tomatoes and Amalfi dressing. Topped with a generous serving of creamy Stracciatella, the appetizer was a light, wholesome start. A refreshing concoction to pair with your meal, especially while savouring starters, is the lemon-based spritz with berries – a beverage you will want to sip on all summer long.

Craving fruti di mare with pasta, we asked for the Risotto di Mare to be tweaked a bit, and the chef understood the assignment. To claim that the Linguine de Mare was one of the finest pasta dishes we've tasted this summer is a big statement. But we're not exaggerating! Served as a main for one, or two to share with another entrée, we relished the moreish bisque, enriching the flavoursome mussels, clams and squid. We could've eaten another portion, even though it was a hot main course and we were dining al fresco, but we saved space for the pan-seared sea bream. The meaty fish paired well with the shredded fennel, orange and fresh herbs, with pine nuts adding texture.

To polish off our meal, we couldn't resist the Delizia al limone; a light lemon pudding with lemon curd and almond crumble. This citrus dessert was just what we needed to end a summer's day dinner.

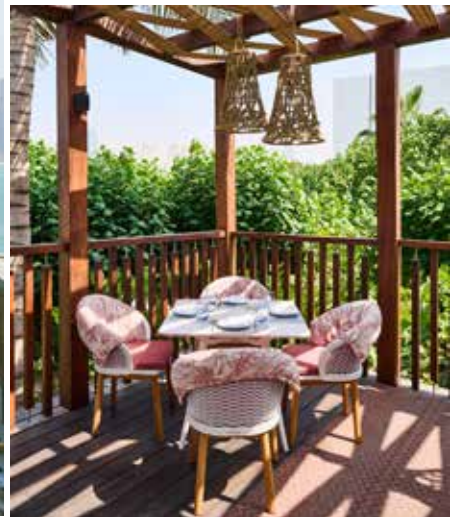
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SEASONAL MENU LAUNCH AT BAR DU PORT

Chef Hadi Saroufim discusses the significance of high-quality produce while introducing us to the newly launched summer menu at French-style bar and brasserie, Bar Du Port



How would you define your culinary style?

I'd say it's fine-dining, bistro style, using a mixture of French and Mediterranean cooking techniques. I've used my experience to create a French-influenced menu at Bar Du Port, inspired by Mediterranean coastal flavours. My inspiration comes from working with, and learning from, no less than 10 Michelin starred chefs over the years including Chef Thierry Marx, Chef Jean Chauvel and Chef Pierre.

I think it's important to constantly work on yourself, invest in training, create innovative recipes, fresh menus and work with new ingredients. I'm consistently developing and enhancing my cooking methods and am passionate about creating new dishes.

High-quality ingredients play an integral role at Bar Du Port. Take us through your process of respecting ingredients - from sourcing to plating.

I like to search for new ingredients which match the concept here. I try not to be the same as everywhere else. I look for new products so I can make new creations. I love creating a new idea, and then cook, taste and present it. I enjoy working to fine-tune it.

Recently I was reading the French magazine Thuries and saw a new ingredient I'd never used called dried lime, also known as black lemon. I experimented and tried it a few different ways. I eventually infused it with juices and made a puree for the Gillardeau Oysters n°2 dish. It's not an ingredient I see everywhere and as it's Mediterranean, I thought it would be perfect to incorporate for some of the French-inspired dishes.

Staying on top of the latest trends and cooking techniques is important to me, I'm continuously enhancing my knowledge to ensure I stay up-to-date. With vegan cuisine becoming ever more popular, I developed a new dish called the Potato and Shimeji Mushroom. It has a wonderful nutty flavour and is cooked with garam masala. I also experimented with cooking on charcoal in the oven and generating steam to cook a red mullet which resulted in a new, smoky flavour. In terms of other ingredients, I ensure we get the best quality, flavour and consistency by sourcing a mixture of products from local UAE suppliers and European ones in France, Spain and Italy.

Tell us about the new seasonal menu.

I speak with my suppliers on a regular basis, and they let me know about what's coming into season and their availability. This changes throughout the year. For example, in the summer, we get a wider selection of fruit and vegetables. The artichoke comes into season in June, so this was the inspiration behind the Slow-Cooked Globe Artichoke starter. Lamb is most tender over the summer months, so I incorporated Lamb Chops which have a wonderful texture and are cooked to perfection on the charcoal grill. Fruits and vegetables like tomatoes, watermelon and peaches are also at their best now, so this inspired me to source both the datterini and heirloom tomatoes and create a sumac peach dressing.

What can diners expect at Bar Du Port this season?

We're delighted to be offering our seasonal menu and in addition to this, incredible concoctions. We also offer a daily happy hour alongside our delicious French Mediterranean cuisine. Over the summer, guests can enjoy our lively ladies' night and our popular Saturday brunch. We have also just launched our new French night 'Le Folie Du Lundi' with a DJ, which is held every Monday, plus we offer live music nights every Tuesday and Thursday.

Signature dishes that diners have to try at Bar Du Port

One of our star dishes is the Wood Grilled Octopus, served with dried chorizo and tomato tartare with smoky bell pepper coulis. I always source the octopus from Spain, so the flavour is always consistent. The wood charcoal grill gives more taste and creates a beautiful, smoky flavour. The Summer Salad is a beautiful combination of flavours including heirloom tomatoes, beef cecina, apple and sumac peach dressing. The sumac spice has a citrusy flavour and is commonly used throughout the Middle East and the Mediterranean. The Lamb Chops are another highlight, cooked on the charcoal grill - one of the best ways to cook this meat - they are deliciously tender and rich in flavour. I also introduced two flatbreads: the BDP Rustic Flatbread and the Roast Beef Flatbread, which are great for sharing. They are a cross between a pizza and a flatbread, which I created with a new dough using both soy and wheat flour.

easy

Delicious, simple, and easy-to-make recipes



midweek meals

■ on the table in 30 minutes, page 18



next level

■ pavlova, page 28



veg box star

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no-cook treat

■ summer fun, page 32

midweek meals

on the table in 30 minutes

Serve dinner in a flash with these summery, hearty meals that are quick to make

recipes NADINE BROWN ***photographs*** YUKI SUGIURA



Nadine Brown is a recipe writer and food editor who has written recipes for Tesco, Weight Watchers and *Vitality* magazine. @n0sh.17

Light summer tofu curry



Broken lasagne with courgette, pea & mint

your shopping list

FRUIT & VEGETABLES
200g mangetout
7 garlic cloves
2 small red onions
1 small onion
1 large potato
800g new potatoes
1 courgette
320g asparagus
320g baby spinach
1 green chilli
1 avocado
4 lemons
3 limes
200g strawberries
120g frozen peas
10g mint
6 thyme sprigs
10g parsley
10g coriander
10g basil

STORECUPBOARD
¼ tsp chilli flakes
1½ tsp ground turmeric
1 tsp smoked paprika
½ tsp ground cumin
2 tsp Dijon mustard
1½ tbsp ginger and garlic paste
4 tbsp plus 1 tsp olive oil
1 tbsp rapeseed oil
1 tbsp vegetable oil
60g hazelnuts
½ tsp poppy seeds
400ml light coconut milk
4 wholemeal chapatis
3 x 198g cans sweetcorn
1 tbsp maple syrup
240g wholemeal dried lasagne sheets

DAIRY & CHILLED
50g parmesan or vegetarian alternative
15g butter
2 x 280g packs extra-firm tofu
900ml fresh vegetable stock
60g feta

MEAT & FISH
4 x 140g skinless salmon fillets
400g turkey breast mini fillets

Light summer tofu curry

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** V

1 tbsp rapeseed oil
2 x 280g packs extra-firm tofu, cut into 2cm cubes
2 small red onions, thinly sliced
1½ tbsp ginger and garlic paste
1½ tsp ground turmeric
400ml light coconut milk
2 limes, 1 juiced, 1 cut into wedges to serve
160g baby spinach
10g coriander, most roughly chopped, reserve a few whole leaves to serve
4 wholemeal chapatis, to serve

1 Heat ½ tbsp of the oil in a large, wide, non-stick frying pan over a medium-high heat. Fry the tofu with a pinch of salt for 5 mins, turning every couple of minutes until golden brown. Remove to a plate using a slotted spoon.
2 Add the remaining oil to the pan, then fry half the onions for 5 mins, stirring often until golden brown. Add the ginger and garlic paste, stir-frying for a minute, then add the turmeric and cook for another 30 seconds to release the flavour.
3 Stir in the coconut milk, then return the tofu to the pan along with the lime juice and 100ml water, and simmer for 5 mins. Stir in the spinach and the coriander, and cook for 1 min until wilted, then season.
4 Serve the curry in bowls topped with the coriander leaves and the remaining onion, the lime wedges for squeezing over, and the chapatis on the side.

GOOD TO KNOW vegan • calcium • vit c • 1 of 5-a-day • gluten free
PER SERVING 318 kcals • fat 21g • saturates 8g • carbs 8g • sugars 5g • fibre 4g • protein 22g • salt 0.2g

BALANCED

Broken lasagne with courgette, pea & mint

SERVES 4 **PREP** 15 mins
COOK 12 mins **EASY** V

240g wholemeal dried lasagne sheets, broken into large pieces
200g mangetout
120g frozen peas
2 tbsp olive oil, plus 1 tsp
1 courgette, sliced in half lengthways, then cut into 1cm half-moons
¼ tsp chilli flakes
1 lemon, zested and juiced
50g parmesan or vegetarian alternative, grated, plus extra to serve
15g butter
10g mint, roughly chopped

1 Cook the broken lasagne sheets in a large pan of boiling salted water for 8-10 mins, stirring occasionally until al dente. Add the mangetout and peas during the last 2 mins. Drain, reserving about 200ml of the pasta cooking water.
2 Meanwhile, heat 1 tsp oil in a large non-stick frying pan over a medium heat and cook the courgette with a pinch of salt for 8-10 mins, stirring occasionally until golden and softened. Add the chilli flakes and cook for 1 min more. Set aside.
3 Combine the lemon zest and juice, the cheese, butter and remaining olive oil in a large bowl with plenty of freshly ground black pepper. Tip in the drained pasta, mangetout, peas and courgettes, along with half the reserved pasta water. Toss, adding more pasta water if the mixture looks dry – the parmesan and butter should melt into a silky sauce, coating the pasta. Stir in the mint, then divide between four bowls. Sprinkle with more cheese before serving, if you like.

GOOD TO KNOW balanced • low cal • fibre • vit c • 1 of 5-a-day
PER SERVING 396 kcals • fat 15g • saturates 6g • carbs 45g • sugars 6g • fibre 8g • protein 16g • salt 0.3g



HEALTHY

Hazelnut-crusted salmon with crushed potatoes

SERVES 4 **PREP** 15 mins
COOK 20 mins **EASY**

4 garlic cloves, unpeeled
1 tbsp olive oil, plus 1 tsp
800g new potatoes, halved or quartered if large
320g asparagus, woody ends trimmed
60g hazelnuts
6 thyme sprigs, leaves picked
1 lemon, zested
4 x 140g skinless salmon fillets
2 tsp Dijon mustard
10g parsley, roughly chopped

1 Heat the oven to 220C/200C fan/gas 7. Put the garlic cloves on a sheet of foil and drizzle with 1 tsp olive oil. Bring the edges of the foil together to enclose the garlic and put on a baking tray. Bake for 10 mins.

2 Meanwhile, bring a large pan of salted water to the boil. Carefully lower in the potatoes, then cover, reduce the heat to a simmer and cook for 10-15 mins until the potatoes are tender. Add the asparagus during the last 2 mins of cooking time. Drain and separate the potatoes and asparagus.

3 While the potatoes are cooking, tip the hazelnuts, thyme leaves and lemon zest into a mini food processor and briefly blitz until the mixture resembles breadcrumbs – a few chunkier bits of hazelnut is fine. Season lightly.

4 Remove the parcel of garlic from the oven and set aside. Line the tray with baking parchment and arrange the salmon fillets on top. Spread the fillets with the Dijon mustard, then gently pack on the hazelnut crumb, pressing it down lightly with your palm to help it stick. Cook in the oven for 10 mins until the salmon is just cooked through.

5 Squeeze the roasted garlic into a small bowl, discarding the skins. Whisk in the remaining olive oil. Tip the potatoes into a large bowl and roughly crush with a potato masher. Drizzle over the garlic oil, add the parsley, season and toss together. Serve the salmon with the garlic parsley potatoes and the asparagus.

GOOD TO KNOW healthy • folate • fibre • vit c • iron • omega-3 • 1 of 5-a-day • gluten free
PER SERVING 532 kcals • fat 29g • saturates 4g • carbs 31g • sugars 4g • fibre 7g • protein 34g • salt 0.4g



HEALTHY

Turkey, strawberry & avocado salad

SERVES 4 **PREP** 15 mins
COOK 10 mins **EASY**

400g turkey breast mini fillets
2 lemons, 1 zested and juiced, 1 sliced
3 garlic cloves, crushed
1 tbsp maple syrup
2 tsp olive oil
½ tsp sesame seeds, toasted
160g baby spinach
1 avocado, peeled, stoned and sliced
200g strawberries, hulled and cut into quarters
10g basil, torn

1 Put the turkey fillets between two sheets of baking parchment and bash to a 1cm thickness using a rolling pin. Tip the turkey, lemon slices, garlic and 1 tsp salt into a large, deep pan. Cover with water so the turkey is submerged, then bring to the boil over a medium heat. Reduce the heat to low-medium, cover and cook for 10 mins, or until the turkey is cooked through and the juices run clear. Transfer to a plate using a slotted spoon, cover loosely with foil and leave to cool slightly.
2 Whisk the lemon zest and juice with the maple syrup. Slowly whisk in the oil, then the seseame seeds. Season.
3 Shred the turkey using two forks. Divide the spinach, avocado, strawberries and basil between plates and top with the turkey. Drizzle with the dressing to taste, then serve.

GOOD TO KNOW healthy • low cal • folate • vit c • 2 of 5-a-day
PER SERVING 306 kcals • fat 19g • saturates 4g • carbs 8g • sugars 6g • fibre 5g • protein 24g • salt 0.4g

HEALTHY

Mexican street corn soup

SERVES 4 **PREP** 15 mins
COOK 15 mins **EASY** **V**

1 tbsp vegetable oil
3 x 198g cans sweetcorn, drained
1 small onion, chopped
1 large potato, peeled and cut into 1cm cubes
1 tsp smoked paprika, plus extra to serve
½ tsp ground cumin
900ml fresh vegetable stock
1 lime, ½ juiced, ½ thinly sliced
1 green chilli, thinly sliced
60g feta, crumbled

1 Heat half the oil in a wide, deep saucepan over a medium-high heat. Tip in the sweetcorn, keeping it in a single layer as much as possible. Cook undisturbed for 2 mins so the kernels turn golden on the bottom. Stir, spread out again and repeat until the sweetcorn is golden and charred in spots. Cook for another 1 min, stirring, then tip into a large bowl.
2 Add the remaining oil to the pan and fry the onion and potato for 3-4 mins until slightly softened and pale golden. Add the spices and cook for a further minute, then pour in the stock. Spoon 3 tbsp of the sweetcorn into a small bowl, then add the rest to the pan. Bring to the boil, then reduce the heat to a simmer, cover and cook for 5-10 mins, or until the potato is fully softened.
3 Remove the pan from the heat and squeeze in the lime juice. Blitz using a hand blender (or tip into a blender to do this) until smooth and creamy. Season to taste. Divide the soup between four bowls and top with the reserved sweetcorn, the chilli, lime slices, feta and a sprinkle of paprika.

GOOD TO KNOW healthy • low cal • fibre • vit c • 1 of 5-a-day
PER SERVING 236 kcals • fat 9g • saturates 3g • carbs 29g • sugars 12g • fibre 7g • protein 7g • salt 1g

Shoot director CLOE-ROSE MANN | Food stylist AMY STEPHENSON | Stylist ROB MERRETT



Mexican street corn soup



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Veg box star
RUNNER BEANS

As well as being easy to cook with, you can preserve this allotment staple for enjoying all year round, like in this zingy chutney

recipe SAMUEL GOLDSMITH *photograph* MOWIE KAY

Runner bean chutney

MAKES about 2.5kg **PREP** 30 mins
COOK 40 mins **EASY** **V**

1.2kg runner beans
3 large white onions, chopped
700ml white wine vinegar
400g light brown soft sugar
1 tbsp ground turmeric
1½ tbsp mustard seeds
½ tbsp English mustard powder
1 tbsp nigella seeds
65g cornflour

1 Trim the ends of the beans and gently pull away any stringy bits on the sides. Cut diagonally into ½cm pieces. Bring a large pan of water to the boil and cook the beans for around 3 mins to soften slightly. Drain and plunge into a bowl of iced water, leave to cool for 5 mins, then drain and set aside.
2 Put the pan back on the hob and cook the onions in 350ml of the vinegar over a medium-low heat for 15 mins to soften, stirring occasionally. Add the sugar and 250ml of the remaining vinegar and cook for 2 mins more.
3 Combine the turmeric, mustard seeds and powder and nigella seeds with the cornflour, a good pinch of salt and the remaining 100ml vinegar. Mix well, then tip into the onion mixture and stir to combine. Cook for 3 mins to thicken, then add the beans. Bring to the boil, then turn the heat down and simmer for 30 mins, stirring regularly until the beans are tender but have a slight bite and the chutney has thickened slightly. Remove from the heat and decant into sterilised jars. *Will keep sealed in a cool, dry place for up to three months. Once open, keep in the fridge for up to two weeks.*

GOOD TO KNOW low fat • gluten free
PER TBSP 21 kcals • fat 1g • saturates none • carbs 4g • sugars 3g • fibre 0.3g • protein 1g • salt 0.01g

MORE WAYS WITH RUNNER BEANS



Ideas from the food team

Runner bean tortilla Boil **200g runner beans** (cut into thin strips) for 5 mins. Drain. Whisk **5 eggs** with the **zest of 1 lemon**, **2 finely grated large garlic cloves**, **3 thickly sliced pimento-stuffed olives** and some pepper. Stir in the beans. Heat **2 tsp rapeseed oil** in a 23cm frying pan. Pour in the egg mix and stir for 2 mins. Leave to firm up for a few minutes, then turn off the heat, cover and leave for 5 mins. Scatter with **grated parmesan or hard cheese**.



Runner bean, smoked trout & potato salad Mix together **50ml extra virgin olive oil**, the **juice of ½ lemon**, **2 tbsp red wine vinegar, 2 tsp wholegrain mustard** and **1 tbsp horseradish sauce**. Boil **500g halved new potatoes** for 10 mins, then drain. Repeat with **300g trimmed and sliced runner beans**, plunge into ice water and drain. Toss the potatoes and beans with **2 sliced spring onions**, **½ bunch of chopped parsley** and half the dressing. Scatter over **150g flaked smoked trout** and drizzle over the remaining dressing.



Runner beans with rocket & parmesan Mix **50ml extra virgin olive oil** with the **juice of 1 lemon** and set aside. Boil **300g trimmed and sliced runner beans** in a large pan of salted water for 8 mins, or until tender. Drain and leave to cool a little. Toss the beans with half the dressing, **50g roughly chopped walnut halves** and **50g rocket**. Tip into a serving dish and scatter with **25g shaved parmesan,** then drizzle over the remaining dressing.

...and from our readers

'We normally make a dry curry with runner beans, potatoes and chicken, beef or mutton.' **Famida Nana, Pretoria, South Africa**

'I make a tuna salad with runner beans, couscous or bulgur wheat, lemon juice, sweetcorn, tomatoes and cucumber.' **Laura Smith, Bournemouth**

'They are a traditional dish in my area, the Rhineland. We ferment them like sauerkraut, then cook them in a clear soup with potatoes and meat. Another common way to have them is cooked with onions, bacon and a white sauce, served with potatoes, meat or sausages.' **Marion Sandkuehler, Duisburg, Germany**

Shoot director CLOE-ROSE MANN | Food stylist KATIE MARSHALL | Stylist MAX ROBINSON



NEXT LEVEL

Pavlova

recipe BARNEY DESMAZERY *photograph* MOWIE KAY

SERVES 6 **PREP** 25 mins plus cooling **COOK** 1 hr **EASY** V

WHAT

When it comes to make-ahead puds that deliver the wow factor for not much effort, a pavlova is your best bet. Some fall short for being overly sweet – usually made with a classic meringue of just sugar and egg whites – but by applying a few tricks and reducing the overall sugar, you end up with a fruitier, lighter (but still indulgent) dessert.

WHAT TO BUY

4 egg whites
½ lemon, juiced (you'll need 1 tbsp juice; reserve the squeezed lemon half)
200g caster sugar
2 tsp cornflour
For the fruit topping
400g strawberries, hulled and halved or quartered if large
1 tbsp icing sugar
small squeeze of lemon juice
200g raspberries
handful of redcurrants (optional)
handful of small mint or basil leaves (or use a mixture)
For the cream
300g full-fat crème fraîche
25g icing sugar
¼ tsp vanilla extract

SOFT CENTRE
Classic meringue is crisp and brittle, while a pavlova should be soft and marshmallow-like in the middle. We've added cornflour to help achieve this distinctive texture.

SNOW WHITE
Bake the meringue at the lowest temperature your oven will go – this makes it crisp while retaining the pure white colour. It will finish cooking in the residual heat of the oven.

VANILLA SKY
Transform clouds of sweetened crème fraîche with a few drops of vanilla extract to make it chantilly-style.

FREEZE FOR EASE
Older egg whites create more volume when whisked than fresh ones. To break down fresh egg whites, freeze them, then defrost. Or, use frozen egg whites you have left over from another recipe that uses just the yolks.

COOLING OFF
For a more professional finish, switch off the oven and leave the meringue inside to cool gradually (keeping the door closed) to prevent cracking.

Shoot director CLOE ROSE MANN | Food stylist KATIE MARSHALL | Stylist MAX ROBINSON



PICK YOUR OWN FRUIT
Summer berries are the ideal topping for this pavlova, but depending on the season or availability, you could also use mango, pineapple, stewed rhubarb or blackberries.

LESS SUGAR MORE TASTE
We've made our meringue using a modest amount of sugar so it's not cloying.

A SIMPLE SYRUP
Rather than puréeing fruit to make a sauce, we've simply macerated the strawberries to draw out their natural juices and create a drizzly syrup that intensifies their flavour.

SMOOTH TOUCH
You can just spoon the raw meringue mixture onto the parchment, but we've given it a neat finish using a palette knife.

HERBAL NOTES
As well as looking good, a scattering of mint or basil adds herbal flavour to the pavlova. Use whole small mint or basil leaves for the best result.

GET FRAÎCHE
Unlike double cream, crème fraîche brings the welcome tang of mild sourness, which helps balance the sweetness of everything else in the dessert.

HOW TO MAKE IT

1 If you're using fresh eggs and you have time, freeze the egg whites, then defrost completely (see tip, 'freeze for ease', left). Line a large baking sheet with baking parchment and heat the oven to 120C/100C fan/gas ½. Using a 20cm cake tin or plate as a guide, draw a circle on the parchment, then flip it over.

2 Rub the reserved lemon half around the inside of a large bowl. Tip in the egg whites and whisk using an electric whisk until small, foamy bubbles form, about 1-2 mins. Continue to whisk until the egg whites resemble shaving foam, then add the sugar, 1 tbsp at a time, until the meringue is thick and glossy. Rub a dab between your fingertips – if you can feel any grains of sugar, keep whisking for a few minutes more. Add the cornflour and lemon juice, then whisk for another 30 seconds.

3 Spoon the meringue mix into the middle of the circle template, then use a palette knife to spread it out to fill the circle, creating a dip in the middle (this will hold the topping later). Run the palette knife up the edges at regular intervals to create ridges, if you like. Bake for 1 hr, then turn off the oven and leave the pavlova to cool completely with the door shut (if you can, leave it overnight).

4 For the topping, tip the strawberries into a bowl, dust with the icing sugar and squeeze over a little lemon juice. Mix together and leave to stand for 30 mins. Meanwhile, whisk the ingredients for the cream together until thick and pillowy. Gently stir the raspberries and redcurrants, if using, through the strawberries. Spoon the cream into the middle of the pavlova, then top with the fruit, drizzling over any juice. Scatter over the mint or basil before serving.

GOOD TO KNOW **vit c • 1 of 5-a-day • gluten free**
PER SERVING **401 kcals • fat 20g • saturates 14g • carbs 48g • sugars 46g • fibre 4g • protein 4g • salt 0.1g**

reduce waste

use your leftovers

Create something new out of leftover ingredients

TRY THESE DISHES

Smoky bubble & squeak brunch

Chop **charred cabbage** and scrunch together with leftover **boiled**, **roasted** or **mashed potatoes**. Fry in a little **oil** until crisp and serve with an optional topping of **smoked salmon** or **crispy bacon** and a **poached** or **fried egg** on top.

Cheese & herb jacket topper

Stir **chopped chives**, **parsley**, **mint** or **basil** through any leftover **whipped goat's cheese dip** and use to top hot **jacket potatoes** or for dipping **new potatoes** into.

Simple tomato tarts

Use leftover **tomato, onion & parsley** to top a simple puff pastry tart. Unravel **ready-rolled puff pastry**, cut into squares or rounds, then top with the salad, leaving a border. Bake at 200C/180C fan/gas 6 for 30 mins.

One-pan fennel & orange baked fish

Spread any leftover **fennel and orange** over a small roasting tin or ovenproof frying pan, then top with fillets of your favourite fish – **seabass**, **salmon** or **cod** would all work well. Drizzle with a little **olive oil**, season and bake at 220C/200C fan/gas 7 for 10-15 mins until the fish is just cooked through.





MAKE MORE OF...

red cabbage

Quick pickled red cabbage

SERVES 6 **PREP** 10 mins
COOK 10 mins **EASY** **V**

1 red onion, finely sliced into rings
100ml red wine vinegar
1 tsp golden caster sugar
500g red cabbage, core removed, finely shredded

1 Put the onion in a saucepan with the vinegar and sugar. Bring to the boil and cook until the onion is starting to soften, around 10 mins.
2 Stir in the cabbage and turn off the heat. Leave to cool completely, then serve or pack into a sterilised jar. *Will keep chilled for up to a week.*

GOOD TO KNOW healthy • gluten free
PER SERVING 44 kcals • fat none • saturates none • carbs 7g • sugars 5g • fibre 3g • protein 2g • salt 0.1g

MAKE MORE OF...

salmon



Turn any leftover salmon into an easy pasta dish

Pasta with salmon & peas

SERVES 3 **PREP** 5 mins
COOK 15 mins **EASY**

250g short pasta shapes
140g crème fraîche
140g frozen peas
½ vegetable stock cube
leftover cooked skinless salmon, flaked into chunks

1 Bring a pan of salted water to the boil and cook the pasta following pack instructions.
2 Meanwhile, heat the crème fraîche in a large saucepan over a low-medium heat, then add the peas and 50ml water. Crumble in the stock cube and simmer for 3-4 mins until the peas are cooked through. Season with salt and cracked black pepper. Drain the pasta, then stir through the sauce to coat. Serve in bowls.

PER SERVING 463 kcals • fat 19g saturates 6g • carbs 44g • sugars 5g fibre 7g • protein 25g • salt 0.2g

GOOD FOOD & SUSTAINABILITY At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers. To find out more, go to *bbcgoodfood.com/reduce-reuse-recycle*. Plus, listen to the Food Programme's inspiring Food Waste Pioneers broadcast about people who tackle food waste issues on BBC Radio 4.

easy

no-cook treat

summer fun

Make the most of strawberry season with these homemade lollies

recipe BARNEY DESMAZERY *photograph* HANNAH TAYLOR-EDDINGTON

Strawberry ice lollies

Use up fruit that's past its best in these lollies – any mushy bits can be easily trimmed away.

MAKES 6 **PREP** 10 mins plus 4 hrs freezing **EASY** V ❄

400g strawberries, hulled and roughly chopped
150g natural yogurt
30g caster sugar or 2 tbsp honey (or to taste)

1 Tip the strawberries into a blender, food processor or smoothie-maker and blitz to a purée. Add the yogurt and blitz again to combine. Taste for sweetness and add as much sugar or honey as needed – this will depend on the ripeness of the fruit as well as your personal taste.
2 Divide the mixture evenly between the holes of a six-hole ice lolly mould – they should be filled to the brim. Insert the lolly sticks and freeze for 4 hrs or until solid. *Will keep frozen for up to a month.*

GOOD TO KNOW low fat • vit c • gluten free
PER SERVING 65 kcals • fat 1g • saturates 0.5g • carbs 11g • sugars 11g • fibre 3g • protein 2g • salt 0.05g

CUSTOMISE YOUR LOLLIES

- **Switch things up** *These lollies can be made with plenty of other fruits, such as raspberries, bananas, pineapple, mango or a mix – just adjust the amount of sugar or honey you use to suit the sweetness of the fruit.*
- **Add texture** *Chop 100g of the strawberries into small chunks and stir these through the puréed mixture before freezing.*
- **Make them vegan** *Swap the yogurt for apple or orange juice and omit the honey.*
- **DIY mould** *If you don't have lolly moulds, pour the mix into small yogurt pots with lolly sticks, or for mini lollies, into an ice cube tray with blunt toothpicks.*

Shoot director FREDDIE STEWART | Food stylist LIBBY SILBERMANN | Stylist SARAH BIRKS

WEEKEND

Mouthwatering dishes to dig into with your family and friends



1 INGREDIENT – 3 WAYS

Sweet as honey, p34



SEASONAL

Joys of summer, p39



TOM KERRIDGE

Pastry perfection, p56



SUMMERTIME CELEBRATION, p45

gf

1 INGREDIENT – 3 WAYS

SWEET AS HONEY

Use this sweet nectar in summery dishes from **Roopa Gulati**, including a vibrant mango salad and zesty ice cream

photographs MYLES NEW

The best honey I've ever tasted was sold by the roadside in the Himalayan foothills. It was poured into an empty rum bottle, the outside of which was already smudged with sticky fingerprints. Dark and syrupy, it was perfumed with heady meadow flowers and superior to any I've had since.

Most of what we buy in supermarkets is a blend of honeys from several countries, and much cheaper than specialist varieties. But, this is the honey I cook with because it provides a good base for other ingredients. My favourite flavour combination is warm honey with a bit of ground saffron and orange zest – it's lovely on hot buttered toast. Sometimes I'll gently heat honey with lemon zest or bruised lemongrass stems and let it steep for a couple of days, then drizzle it over fruit salads.

Honey often becomes grainy after it's been in the cupboard for a while – if this happens, warm the jar (without its lid) for a few seconds in the microwave – any crystals will soon dissolve. You can also put the sealed jar in a jug of hot water.



Roopa Gulati lived in India for 20 years, working as a chef, writer and broadcaster. On her return to the UK, she worked as food editor at UKTV's Good Food Channel and was a restaurant reviewer for *Time Out*. Her latest book is *India: The World Vegetarian* (Bloomsbury Absolute) and she's currently working on a new title. @*roopagulati* @*roopagul*



Honey &
soy chicken

Honey & soy chicken

Caramelised honey, darkened with soy sauce, is the base marinade for this crowd-pleasing dish. It's great for family meals, buffets and picnics, too. I often make an extra batch for the freezer – first put the chicken thighs on a tray lined with baking parchment to stop them from sticking, and once frozen, transfer to a bag where they will keep for at least three months.

SERVES 4 **PREP** 15 mins plus at least 2 hrs marinating
COOK 30 mins **EASY** ❄

8 skin-on chicken thighs (about 1kg)
4 tbsp honey
4 tbsp dark soy sauce
4 tbsp lemon juice
4 tbsp tomato ketchup
30g ginger, peeled and finely grated
4 garlic cloves, crushed
½ tsp red chilli flakes
2 tsp fennel seeds, toasted and ground using a pestle and mortar or spice grinder
1 tbsp sunflower oil
spring onions, rice and salad or greens, to serve

1 Using a sharp knife, score the chicken thighs twice through the skin, season and transfer to a bowl.
2 Whisk the honey with the soy, lemon juice, ketchup, ginger, garlic, chilli flakes and fennel seeds. Pour this over the chicken, making sure that each piece is coated, then cover and marinate in the fridge for at least 2-3 hrs, or overnight if you have time.
3 Heat the oven to 200C/180C fan/gas 6. Line a large roasting tin with foil and put in the oven to heat up for 10 mins. Gently shake the excess marinade off the chicken thighs, reserving the bowl of leftover marinade, then carefully arrange in a single layer in the hot tin. Drizzle with the oil and roast for 10 mins.
4 Meanwhile, pour the reserved marinade into a small pan and bring to the boil over a medium-low heat, stirring often. Cook for 7-10 mins, or until thick and syrupy.
5 Remove the chicken from the oven and carefully pour any juices from the tin into the pan with the syrupy sauce and continue to cook for 5 mins until the sauce is the consistency of double cream.
6 Spoon the sauce over the chicken, then return the roasting tin to the oven for 10-15 mins more, or until the thighs are sticky and tender, and the juices run clear when pierced with a knife. Slice some spring onions along their length and scrape a knife along the shreds to curl them, if you like, then scatter over the chicken. Serve warm or at room temperature with rice and salad or steamed greens.

PER SERVING 348 kcals • fat 18g • saturates 4g • carbs 26g • sugars 24g • fibre 1g • protein 21g • salt 2.5g

gf tips

Chop any leftover cooked chicken and scatter it over a tortilla wrap. Top with thinly sliced radishes, spring onions and chopped coriander before rolling it up and serving.

For an extra layer of warming spice, use 1 tsp Chinese five-spice powder instead of the ground fennel seeds, and swap the chilli flakes for 2 red chillies, deseeded and chopped.

Mango & green bean salad with honey & passion fruit dressing

This dressing, with honey for sweetness, plus warming chilli and tangy passion fruit, marries well with the fragrant mangoes and crisp green beans. Look out for seasonal South Asian mangoes

SERVES 4 **PREP** 25 mins
COOK 5 mins **EASY** V

200g fine green beans, trimmed
3 passion fruits
1-2 tbsp honey
2 tbsp extra virgin olive oil
10g ginger, peeled and finely grated
½-1 red chilli, deseeded and finely chopped, depending on how much heat you prefer
squeeze of lime juice, to taste
1kg mangoes
1 tbsp chopped coriander
1 tbsp mint leaves

1 Bring a large pan of salted water to the boil over a high heat and cook the green beans for 2 mins until just tender. Drain and rinse under cold running water to halt the cooking process and retain the vibrant colour. Pat dry with kitchen paper and set aside.
2 Halve the passion fruits, scoop the pulp into a small pan and bring to a simmer over a low heat. Cook for 5 mins until the pulp has thickened enough to coat the back of a spoon. Remove from the heat and press the pulp through a sieve into a small bowl, discarding the seeds.
3 Whisk 1 tbsp honey into the passion fruit purée, followed by the oil, ginger, chilli and lime juice. Season and taste – you might need to add a little more honey or lime juice. Aim for a balance of sweet, tart and acidic.
4 Slice down through the mangoes along both sides of the stone so you end up with two 'cheeks'. Using a tablespoon, scoop the flesh from the skin and cut into 3cm chunks. Scrape and roughly chop any fleshy bits from the stones.
5 Transfer the mango flesh to a shallow serving dish, drizzle with 3 tbsp of the dressing, then gently spoon over the green beans. Stir the coriander into the remaining dressing and pour it over the beans, then scatter with mint and serve.

GOOD TO KNOW low fat • folate • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 257 kcals • fat 7g • saturates 1g • carbs 42g • sugars 42g • fibre 8g • protein 4g • salt 0.02g



Honey & lime ice cream

SERVES 4-6 **PREP** 15 mins plus 3-4 hrs freezing **NO COOK** **EASY** V ❄

600ml double cream
397g can condensed milk
3 tbsp honey
3 limes, 2 zested, all juiced
60ml non-alcoholic gin
150g raspberries, to serve

1 Whip the cream until it just starts to thicken, then lightly whisk in the condensed milk, honey, most of the lime zest, all the juice and the non-alcoholic gin.
2 Pour into a shallow container and freeze until firm, about 3-4 hrs or overnight. You won't need to stir the cream as it sets – the gin stops it from freezing solid.
3 Take the ice cream out of the freezer 10 mins before serving to soften slightly. Top with the remaining lime zest and the raspberries to serve.
Will keep frozen for two months.

PER SERVING (60g scoop) 230 kcals • fat 18g • saturates 11g • carbs 14g • sugars 14g • fibre none •

Shoot director FREDDIE STEWART | Food stylist LIBBY SILBERMANN | Stylist JENNY IGGLEDEN

SEASONAL

JOYS OF SUMMER

Make the most of fresh cucumbers, chard and raspberries with recipes from **Samuel Goldsmith**

photographs MOWIE KAY

As the summer days get warmer, the season's harvest flourishes. There's so much choice when it comes to fresh produce that excitement builds, too, around the many possibilities for cooking with it.

Berries, especially raspberries, are top of my list. At their best, British raspberries are a sweet, pillowy bite of pleasure. It's easy to eat mountains of them straight from the bush, but in my cake, I've baked them into the batter, making the most of their sweetness and sharpness. The cake is made with oil and yogurt which adds a lovely yielding texture. If you're left with a bounty of raspberries, use them to make jam.

As summer progresses, cucumbers start to make an appearance, too. Often used as a sandwich filling or tossed through a salad, I've instead made them the star of the show in a refreshing, cold cucumber soup. It's a great meal for a hot summer's evening or starter for a garden party. Mint and lime highlight the fresh cucumber flavour, while tarragon and chives bring the soup to life with a savoury note. It's a recipe you can easily make in a hurry – perfect for last-minute gatherings in the sun. I also like to shave cucumbers into long slices using a vegetable peeler and cook for a few minutes in herby butter for a quick side.

Green, leafy veg is incredibly nutritious, and although it's often thought of as autumnal or wintry, swiss chard is plentiful in the summer months, too. I've swapped out spinach for chard in my take on the Greek classic spanakopita where the chard creates a brighter filling with flecks of colour. It's a charming light supper or lunch option, and is easily transportable, which is ideal should you need to take a dish to a party. If you're looking for a quicker option, swiss chard is also delicious simply pan-fried with sliced chillies or chilli flakes and a good sprinkling of salt and pepper. That's the great thing about summer produce: it can be transformed into a dish worthy of a celebration, or cooked simply with just a few ingredients and be wonderful either way.



Cucumber soup



Chard spanakopita

Cucumber soup

This soup is served cold and goes down particularly well on a hot summer's day. You could ladle it into bowls for a smaller gathering, or pour into small cups for a refreshing amuse-bouche.

SERVES 4 in bowls or 12 in small cups
PREP 10 mins **NO COOK** **EASY** **V**

2 cucumbers (about 675g)
150g Greek yogurt
2 limes, juiced
small handful of tarragon, chopped
3 mint sprigs, leaves picked
small bunch of chives, chopped
rapeseed oil, to serve

1 Finely chop a third of one of the cucumbers and set aside for when you're ready to serve later. Roughly chop the remaining cucumbers and tip into a blender or food processor along with the yogurt and lime juice. Add the tarragon, most of the mint leaves and most of the chives. Blitz until the mixture is smooth.
2 Pour the soup into bowls or small cups, scatter over the finely chopped cucumber, remaining mint leaves and the rest of the chives. Drizzle with a little rapeseed oil just before serving.

GOOD TO KNOW low cal • vit c • 1 of 5-a-day • gluten free
PER SERVING (4) 107 kcals • fat 8g • saturates 3g • carbs 4g • sugars 4g • fibre 1g • protein 4g • salt 0.1g

Chard spanakopita

Make this twist on the classic Greek dish to showcase chard. It can be served for lunch or dinner with a light salad, or packed for a summer picnic.

SERVES 8 **PREP** 30 mins
COOK 40 mins **MORE EFFORT** **V** ❄

600g swiss chard, leaves and stalks separated (use a mixture of colours, if you like)
4 tbsp olive oil
8 spring onions, sliced
200g feta
small bunch of dill, roughly chopped
½ small bunch of mint, leaves picked and chopped
1 lemon, zested
½-1 tsp ground nutmeg
2 eggs
270g pack filo pastry

1 Heat the oven to 200C/180C fan/gas 6. Shred the chard leaves, then tip into a large pan over a medium heat with 2 tbsp water. Cook for a few minutes until just wilted. Remove from the heat, drain and leave to cool slightly. When cool enough to handle, squeeze out the excess water using your hands or in kitchen paper. Transfer the chard leaves to a large bowl.
2 Roughly chop the chard stalks. Heat 1 tbsp of the olive oil in the pan and fry the stalks over a medium heat with the spring onions for 8 mins until softened. Tip into the bowl with the chard leaves.
3 Crumble the feta into the bowl and season, then mix in the dill, mint, lemon zest, nutmeg and eggs.
4 Unwrap the filo pastry (you'll have about seven sheets) and lay one of the sheets into the base of a medium roasting tin (ours was 30 x 25cm). Brush with a little of the remaining olive oil and place another sheet on top. Repeat until you've used four sheets (or about half the filo) and half the remaining olive oil. Spoon the chard filling over the filo and gently spread out to cover. Lay another sheet of filo on top, brush with more oil and repeat until you've used all the remaining filo pastry and almost all of the olive oil. Trim the pastry, if needed, or tuck it under to form a pie. *Will keep frozen for up to two months. Defrost completely before cooking*. Brush with the last of the olive oil and bake for 35-40 mins until golden. Leave to cool slightly and serve warm.

GOOD TO KNOW folate • vit c • 1 of 5-a-day
PER SERVING 248 kcals • fat 13g • saturates 5g • carbs 22g • sugars 2g • fibre 2g • protein 10g • salt 1.4g

gf tip
If you're using a large tin, add up to an extra 200g chard so the filling isn't too thin.

Shoot director EMMA WINCHESTER | Food stylist ESTHER CLARK | Stylist AGATHE GITS



Raspberry cake

A simple dusting of icing sugar offsets the beautiful deep red of the raspberries, but you could serve with a glaze, if you like.

SERVES 8 **PREP** 10 mins
COOK 40 mins **EASY** V

125ml sunflower oil, plus extra for the tin
175g self-raising flour
175g caster sugar
125ml 10% fat Greek yogurt
3 eggs
1 tsp vanilla extract
1 lemon, zested
200g raspberries
For the decoration
icing sugar, to dust
100g raspberries (optional)

1 Heat the oven to 180C/160C fan/gas 4. Oil a deep, 20cm loose-bottomed cake tin and line with baking parchment. Combine the flour and sugar in a bowl. Set aside.

2 Mix the oil, yogurt, eggs, vanilla extract and lemon zest in another bowl. Tip in the flour and sugar mixture and fold in until smooth. Gently fold in the raspberries and bake for 30-40 mins, or until a skewer inserted into the middle comes out clean. Leave to cool in the tin for a few minutes, then cool completely on a wire rack. Dust lightly with icing sugar and serve topped with more raspberries, if you like. *Will keep for up to three days in an airtight container.*

PER SERVING 364 kcals • fat 19g • saturates 4g • carbs 40g • sugars 24g • fibre 2g • protein 6g • salt 0.3g

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Summertime celebration

As the days become longer and warmer, now's the time to bring friends and family together to share good food. With these recipes, the occasion will be even more memorable

recipes GOOD FOOD TEAM
photographs JONATHAN GREGSON

Pea, asparagus & ham hock tart

Showcase the grassy sweetness of fresh peas and asparagus in a luxurious quiche, encased in golden, flaky pastry. The ham hock provides a savoury depth, while optional mustard powder adds a gentle kick of heat. Try it for a picnic or party spread.

SERVES 6-8 **PREP** 25 mins plus at least 1 hr 30 mins chilling
COOK 1 hr 25 mins **EASY**

200g fresh podded peas, or use frozen (defrosted)
8 asparagus spears, halved
4 eggs
200g double cream
200g crème fraîche
handful of flat-leaf parsley or mint (or use a mixture), finely chopped
6 spring onions, finely chopped
1 lemon, zested and juiced
25g parmesan, finely grated
150g cooked ham hock, shredded

For the pastry
250g plain flour
125g cold unsalted butter, cut into cubes
2 tsp mustard powder (optional)
30g parmesan, finely grated

For the topping
25g pea shoots
50g mangetout, halved lengthways
½ tsp extra virgin olive oil

1 First, make the pastry. Rub the flour, butter, mustard powder (if using), parmesan and 1 tsp fine salt together in a large bowl using your fingertips until the mixture resembles sand. Or, do this by pulsing the ingredients together in a food processor. Gradually add 4-6 tbsp cold water, pressing the mixture together until you have a soft dough. Briefly knead the dough until smooth.

2 Roll the pastry out between two sheets of baking parchment until 3mm thick and large enough to line a 20 x 7cm loose-bottomed springform cake tin. Remove the top layer of parchment and invert the pastry into the tin, or drape it over the rolling pin and unravel it into the tin. Push the pastry into the base and up the side – there should be about 1½ cm excess pastry that comes above the rim. Use your thumbs and index finger to crimp the excess around the edge. Chill for at least 1 hr 30 mins or overnight.

3 Meanwhile, cook the peas and asparagus in a pan of boiling water for 3 mins, or just 2 mins for defrosted frozen peas. Immediately plunge into a bowl of ice-cold water to halt the cooking process, and leave to cool in the bowl for 2 mins. Drain and set aside until needed.

4 Heat the oven to 200C/180C fan/gas 6. Prick the base of the chilled pastry case all over with a fork. Scrunch up a piece of baking parchment, then use it to line the case, leaving some overhanging. Fill the case all the way to the top with baking beans or uncooked dry beans or rice. Bake for 15 mins, then remove the beans and parchment and bake for 10-15 mins more until golden. Don't worry if it shrinks from the edge slightly. Leave to cool while you make the filling.

5 Whisk together the eggs, double cream and crème fraîche, then mix in the herbs, spring onions, lemon zest and juice, parmesan and cooked peas. Season with sea salt and a good crack of black pepper, then pour the filling into the baked case. Sprinkle the shredded ham hock over, pressing it into the filling slightly, then arrange the asparagus spears on top.

6 Turn the oven down to 190C/170C fan/gas 5 and bake the quiche for 45-55 mins until golden on top with a slight wobble in the middle. Leave to cool for 20 mins in the tin, then serve warm or leave to cool completely and chill until needed. *Will keep chilled for three days.*

7 When ready to serve, toss the pea shoots and mangetout with the olive oil, then pile in the middle of the quiche. Cut into wedges to serve.

PER SERVING (8) 570 kcals • fat 43g • saturates 26g • carbs 28g • sugars 2g • fibre 3g • protein 16g • salt 1.4g

PASTRY TIPS

• Chilling the pastry before baking reduces the chance of it shrinking in the tin. If you like, you can chill it in the freezer for 20 mins to speed up this process.
• We've rolled the pastry out between two sheets of baking parchment because this means you won't need to add flour to prevent it sticking – this can alter the texture.
• Fill the pastry case all the way to the top with baking beans to help keep the pastry from shrinking in the oven.
• 'Docking', or pricking the base of the pastry case with a fork, ensures it bakes evenly and doesn't rise.
• Use a small offcut of pastry to push the pastry into the base of the tin. This helps prevent tearing.



Rhubarb & custard scones

These light and fluffy scones bring together one of Britain's best-loved flavour combinations: rhubarb and custard. They make a nostalgic treat alongside a bowl of clotted cream and punnet of strawberries for an afternoon tea in the garden.

MAKES 6 **PREP** 20 mins plus chilling
COOK 22 mins **MORE EFFORT** V

300g self-raising flour, plus extra for dusting
50g custard powder
1 tsp baking powder
50g caster sugar
95g cold unsalted butter, cut into cubes
150-175ml whole milk
1 egg, beaten
clotted cream, to serve

For the rhubarb compote

250g rhubarb, roughly chopped (or use chopped frozen rhubarb)
100g caster or granulated sugar
1 lemon, zested
½ tsp vanilla bean paste
drop of red food colouring gel (optional)

1 Mix the flour, custard powder, ¼ tsp fine salt, the baking powder and sugar together in a large bowl. Rub the butter into the dry ingredients using your fingertips until the mixture resembles fine breadcrumbs.

2 Gradually mix in the milk using your hands until you have a smooth dough – you may not need it all. Gently roll the dough out on a lightly floured surface to a 2cm thickness. Transfer to a baking tray lined with baking parchment, cover and chill for 30 mins to firm up, or up to 1 hr if you want to get ahead.

3 Meanwhile, make the rhubarb compote. Tip all the ingredients into a large saucepan along with 2 tbsp water (omit the water if you're using frozen rhubarb). Simmer over a medium heat for 10-15 mins, stirring occasionally until the rhubarb has softened and is almost collapsing, and the mixture has thickened. If you're using frozen rhubarb, you may like to stir in a drop of red food colouring to enhance the pink colour. Transfer the compote to a bowl and leave to cool completely.

4 Heat the oven to 220C/200C fan/gas 7 and remove the dough from the fridge. Line a baking tray with baking parchment. Stamp out three or four scones from the dough using a 7cm round biscuit cutter (see tip below). Arrange the scones on the prepared tray, leaving a 2cm gap between each.

5 Roll the remaining dough out again as in step two, then stamp out as many scones as you can (you should get about six in total). Transfer these to the tray as well, then brush all the scones with the beaten egg (see tip below). Bake for 10-12 mins until the tops are golden brown, then leave to cool completely on the tray. Serve with the rhubarb compote and clotted cream. *Best eaten the day they're made.*

GOOD TO KNOW calcium
PER SERVING 465 kcals • fat 16g • saturates 9g • carbs 72g • sugars 27g • fibre 3g • protein 7g • salt 1g

gf tip

Be careful not to twist the biscuit cutter when stamping out the scones. If you do, they may not rise evenly. This can also happen if the beaten egg drips down the sides when you brush it over the tops.



Chicken pesto orzo salad

Elevate standard pasta salad by using orzo and pesto. This recipe also offers a good way to make the most of asparagus while it's in season, too – it adds flavour, texture and colour.

SERVES 4-6 **PREP** 25 mins
COOK 15 mins **EASY**

2 boneless, skinless chicken breasts
1 lemon, zested and juiced
3 garlic cloves, 2 crushed, 1 left whole
1 tbsp olive oil
25g flaked almonds
large bunch of flat-leaf parsley
small bunch of basil
small bunch of mint, leaves picked
25g parmesan, grated, plus extra shaved parmesan to serve
100ml extra virgin olive oil, plus a drizzle to serve
250g orzo
16 asparagus spears

1 Put the chicken breasts on a board and cover with a sheet of baking parchment. Use a rolling pin or meat mallet to bash to an even thickness of about 2cm, being careful not to break the chicken into pieces.
2 Combine the lemon zest, crushed garlic, olive oil and some seasoning in a medium bowl, then add the chicken and turn in the marinade to coat. Transfer to the fridge while you make the pesto.
3 Toast the flaked almonds in a dry frying pan over a medium heat for 2-3 mins, shaking the pan often until the almonds are golden brown. Tip into a small food processor or blender. Peel the whole garlic clove and tip this into the food processor along with the parsley, basil, most of the mint leaves, the parmesan, extra virgin olive oil and lemon juice. Season, then blitz to a fine texture.
4 Cook the orzo in a large pan of boiling salted water following pack instructions, or until al dente. Heat a griddle pan over a medium-high heat and cook the marinated chicken for 4-5 mins on each side until cooked through with char lines. Drain the orzo and transfer the chicken to a plate to rest.
5 Drizzle the asparagus spears with a little extra virgin olive oil and season with salt, then griddle for 3 mins until just softened. Remove from the heat and set aside.
6 Toss most of the pesto through the cooked orzo along with any resting juices from the chicken. *The remaining pesto will keep covered in the fridge for up to five days*. Slice the chicken breasts. Tip the orzo onto a large serving platter and pile the asparagus and chicken on top, then scatter with the remaining mint leaves, some parmesan shavings and a grinding of black pepper. Drizzle with a little extra virgin olive oil and serve warm.

GOOD TO KNOW vit c
PER SERVING (6) 461 kcals • fat 25g • saturates 4g • carbs 33g • sugars 2g • fibre 3g • protein 25g • salt 0.2g



One-pan watercress-stuffed salmon with parmesan new potatoes

We've butterflied the salmon so the watercress sauce runs through each slice, which ensures it's succulent. But, you could also simply spread the sauce over the salmon. For easier clean-up, line the roasting tin with baking parchment – this helps the parmesan stick to the potatoes rather than the pan.

SERVES 5 **PREP** 25 mins
COOK 1 hr **MORE EFFORT**

100g watercress, plus a few sprigs to serve
180g soft cheese
½ lemon, zested and juiced
2 tsp Dijon mustard or horseradish sauce
700g whole salmon fillet, skin on
½ tbsp olive oil

For the potatoes
1kg new potatoes, halved or quartered if large
1½ tbsp olive oil
50g parmesan, finely grated
small bunch of thyme, finely chopped

1 Heat the oven to 230C/210C fan/gas 8 and line a large, shallow roasting tin with baking parchment. Tip the potatoes into a large bowl and drizzle with the olive oil, then toss well to coat. Sprinkle over the parmesan, thyme and seasoning, then toss again to cover. Tip the potatoes into the tin and spread out in an even layer. Roast for 40 mins, turning after 30 mins, until golden and just cooked through.

2 Meanwhile, roughly chop the watercress and tip into a food processor or mini chopper along with the soft cheese, lemon zest and juice, the Dijon mustard or horseradish sauce and plenty of seasoning. Blitz until you have a thick, bright green sauce. Scrape into a bowl and set aside. *Will keep covered in the fridge for up to a day.*

3 Lay the salmon out on a board, skin-side down. With your hand positioned flat on top of the fillet, carefully use a long, sharp knife to slice into it from the side, being careful not to cut straight through. Open the fillet out like a book, then spread over half the sauce to cover the surface completely. Close the fillet again to enclose the sauce. Set aside until the potatoes are ready.

4 After 40 mins, toss the potatoes again and push them to the sides of the tin, leaving space in the middle for the salmon. Nestle the salmon into the middle of the potatoes, skin-side down. Drizzle with the olive oil and roast for 15-20 mins until the salmon is just cooked through. Serve straight from the tray with a few sprigs of fresh watercress scattered over and the remaining watercress sauce on the side for drizzling.

GOOD TO KNOW calcium • vit c • omega-3 • gluten free
PER SERVING 605 kcals • fat 34g • saturates 12g • carbs 33g • sugars 4g • fibre 5g • protein 39g • salt 0.8g

TWIST IT

One-pan wild-garlic-stuffed salmon with parmesan new potatoes
The watercress in this recipe can be swapped out for ***100g raw wild garlic leaves*** *(ensure they're washed well to remove any dirt and grit). If you also have the wild garlic stems, separate them from the leaves and slice as you would chives for sprinkling over at the end. If you have wild garlic flowers, they make a beautiful garnish, too. Or for the best of both, opt for half wild garlic and half watercress.*



Lemon & elderflower traybake

This fresh twist on the classic bakewell has a delicate floral aroma and flavour, making it ideal for serving at pool parties or bake sales.

SERVES 12-15 **PREP** 40 mins plus chilling and cooling **COOK** 1 hr 10 mins **MORE EFFORT** V

250g lemon curd, plus extra to decorate
250g butter, softened
250g caster sugar
2 lemons, zested
4 eggs
100g self-raising flour
150g ground almonds

For the pastry

200g plain flour, plus extra for dusting
125g cold unsalted butter, cut into cubes
1 tbsp caster sugar
1 lemon, zested
1 egg yolk

For the icing

200g icing sugar
2 lemons, juiced (use the zested lemons above)
2 tbsp elderflower cordial

1 First, make the pastry. Tip the flour, butter, sugar and lemon zest into a food processor and blitz until the mixture resembles fine breadcrumbs. Tip in the egg yolk and ½-1 tbsp cold water and blitz again to bring everything together into a dough. If the dough isn't coming together, add more cold water, ½ tsp at a time, and blitz again. Roll the pastry out on a lightly floured surface to a 3mm thickness, then use it to line the base of a loose-bottomed traybake or brownie tin (ours was 20 x 30cm). Transfer to the fridge and chill for 20 mins.

2 Heat the oven to 200C/180C fan/gas 6. Line the chilled pastry case with baking parchment and baking beans, then bake for 15 mins. Remove the parchment and beans and bake for 5 mins more until the pastry is lightly golden. Leave to cool for a few minutes before spreading over the lemon curd, leaving a 2cm border around the edges (it will spread out when the cake batter is poured over). Turn the oven down to 180C/160C fan/gas 4.

3 Beat the butter, sugar and lemon zest together using an electric whisk or in a stand mixter until pale, light and fluffy, about 8 mins. Beat in the eggs, one at a time along with 1 tbsp of the flour, then fold in the remaining flour and the ground almonds. Carefully spoon the batter over the lemon curd and gently spread out using the back of the spoon, then bake for 35-40 mins until a skewer inserted into the middle comes out clean. Leave to cool in the tin completely, then carefully remove to a board.

4 To make the icing, combine the icing sugar, lemon juice and elderflower cordial until loose enough to drizzle over the sponge, then swirl over extra lemon curd, if you like. Cut into squares and serve. *Will keep in an airtight tin for up to three days.*

PER SERVING (15) 518 kcals • fat 29g • saturates 14g • carbs 57g • sugars 41g • fibre 1g • protein 7g • salt 0.6g

TWIST IT

• ***Orange & ginger traybake*** *Swap the lemon zest and lemon curd for the same amounts of* ***orange zest*** *and* ***marmalade****, then use* ***ginger cordial*** *in place of the elderflower.*

• ***Lime & passion fruit traybake*** *Use the same amounts of* ***lime zest*** *and* ***lime curd*** *instead of lemon, then make a passion fruit drizzle using the* ***seeds of 4 passion fruit****, the* ***juice of 1 lime*** *and just enough icing sugar to make a pourable icing.*







TOM KERRIDGE

PASTRY PERFECTION

Good Food Podcast host and chef **Tom Kerridge** shares his go-to pastry recipe for a classic British pud

photograph HANNAH TAYLOR-EDDINGTON

When it comes to pastry – and what chefs call the 'pastry section', or the baking side of the kitchen – you have to work in an extremely structured way, with little room for error. Don't get me wrong: we have recipes for everything that we make in my kitchens. That's how we keep things consistent. But, the building blocks of pastry mean that instructions must be closely followed. If you overcook a piece of fish or meat, you can have another ready quickly and the customer will never know. But, get a pastry recipe wrong, and it's crossed off the menu until the next day. Here, I'm sharing my foolproof sweet pastry recipe – it has enough butter to make it crumbly, but not so much that it's hard to work with. I've used it to make one of my favourite traditional desserts: the bakewell tart.

> *When it comes to pastry, you have to work in an extremely structured way, with little room for error*

Tom Kerridge is a well-known face on the BBC and chef-owner of acclaimed restaurants in Marlow, London and Manchester. Hear more from Tom on his favourite seasonal ideas in the latest series of the BBC Good Food Podcast at *bbcgoodfood.com/podcast*. *@ChefTomKerridge*



Cherry bakewell tart

Cherry bakewell tart

The amount of water the pastry needs will depend on how fresh the flour is. Make sure the water is ice-cold and add it gradually, just until the pastry comes together.

SERVES 12 PREP 40 mins plus 1 hr chilling COOK 1 hr 10 mins
MORE EFFORT V

2 tbsp black cherry conserve or cherry jam
300g cherries, pitted
25g flaked almonds
clotted cream, crème fraîche or vanilla ice cream, to serve

For the pastry
200g plain flour, plus extra for dusting
100g ground almonds
50g golden caster sugar
150g cold butter, cut into cubes
1 egg, beaten

For the frangipane filling
150g softened butter
150g golden caster sugar
150g ground almonds
2 eggs, beaten

1 First, make the pastry. Tip the flour, ground almonds, sugar and a pinch of salt into a bowl. Use your fingers to rub the butter in until the mixture resembles breadcrumbs. Drizzle in the egg, then slowly mix in up to 2 tbsp ice-cold water until it comes together into a dough. Shape into a disc, wrap and chill for 30 mins. *Will keep chilled for two days.*

2 For the filling, beat the butter and sugar together with an electric whisk until combined. Add the ground almonds and eggs, then beat for 1 min more until you have a thick, spreadable paste. *Will keep chilled for up to a day. Remove from the fridge an hour before needed.*

3 Roll the pastry out on a lightly floured surface to the thickness of 2.8mm . Use it to line a 23cm fluted tart tin, leaving some overhanging the rim. Chill for another 30 mins or put in the freezer for 20 mins.

4 Heat the oven to 200C/180C fan/gas 6. Prick the pastry case all over with a fork, then line with a large circle of baking parchment. Fill with baking beans and bake for 20 mins. Remove the beans and parchment, then bake for 10-15 mins more until the pastry is biscuity brown. Remove from the oven, trim off the excess using a serrated knife, then leave to cool slightly.

5 Spread the cherry conserve or jam over the base of the tart, then spoon in the frangipane filling and gently spread to the edges. Push the cherries into the filling slightly, then scatter over the flaked almonds. Bake for 45-50 mins until the cherries have sunken into the tart and the filling is deeply golden and set. Leave to cool completely in the tin, then remove to a serving plate or board and cut into slices. Serve with clotted cream, crème fraîche or a scoop of vanilla ice cream, if you like.

PER SERVING 495 kcals • fat 35g • saturates 14g • carbs 36g • sugars 22g • fibre 1g • protein 10g • salt 0.5g

5 MORE IDEAS

•SWITCH UP THE FLAVOURS
The pastry can be flavoured to suit the filling. For fruit tarts, you can add lemon, lime or orange zest, or for custard-based tarts, add a splash of vanilla extract.

•SUMMER BAKEWELL TART
Follow the same methods for the pastry and frangipane filling, but adapt the tart with different seasonal fruits. Try using the same quantity of destoned and halved **peaches**, **nectarines** or **apricots**, or try **raspberries** or cored and sliced **pears**.

•QUICK ICING
If you like, mix **3 tbsp icing sugar** with **2 tsp lemon juice** or water until you have a thick icing, then drizzle this over the cooled tart.

•DEEPER NOTES
For extra flavour, toast the flaked and ground almonds in a dry frying pan, then leave to cool before using.

•SAVOURY PASTRY
For veggie tarts, make pastry using **150g butter**, **300g plain flour**, **1 beaten egg** and a pinch of salt, then bring together as directed in step one. If the filling contains meat, I often swap half the butter for lard.

Shoot director FREDDIE STEWART | Food stylist LIBBY SILBERMANN
Stylist SARAH BIRKS



summer fête sweets

Create an irresistible display of cakes and biscuits using our recipes, including vegan and gluten-free treats that everyone can enjoy

recipes CASSIE BEST ***photographs*** WILL HEAP



Jam jar trifles

If you're not much of a baker or just short on time, this recipe could save the day. It's essentially an assembly of shop-bought ingredients, but you can make the sponge yourself if you like. Cut an extra corner and buy ready-made icing – either way, the results look pretty and taste great.

MAKES 6 **PREP** 30 mins
NO COOK EASY V

1 tbsp custard powder
500g icing sugar
250g butter, softened
1 tsp vanilla extract
1-2 tbsp milk
500g strawberries
2 tbsp elderflower cordial
300g shop-bought madeira sponge

You'll also need
6 x 400ml jam jars

1 Beat the custard powder, icing sugar, butter, vanilla and 1 tbsp milk together in a stand mixer until smooth and creamy, or do this in a large bowl using an electric whisk. Add a little more milk to loosen, if needed. Transfer the icing to a piping bag fitted with a large star-shaped nozzle and set aside.

2 Choose three of the best-looking strawberries, then halve and set aside for decorating later (or you can use six whole strawberries). Halve, hull and chop the rest of the berries, then mix with the cordial.

3 Cut the madeira sponge into roughly 2cm cubes. Arrange a layer of sponge pieces in the bottom of each jam jar, then top with a generous spoonful of the chopped strawberries, including any juice. Pipe a swirl of the custard icing on top, then repeat the layers again, finishing each jar with a strawberry half. *Will keep chilled for up to a day.*



GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 882 kcals • fat 42g • saturates 26g • carbs 119g • sugars 106g • fibre 3g • protein 4g • salt 1.3g

Gluten-free lemon shortbreads

Bring some zest to the occasion with this crowd-pleasing shortbread. You could also try using lime or orange zest in place of the lemon.

MAKES 16 **PREP** 20 mins
COOK 35 mins **EASY**
V ❄ unbaked dough

300g gluten-free plain flour
200g cold butter
200g icing sugar
2 lemons, zested, plus 2 tbsp lemon juice
150g lemon curd

1 Line a 20 x 20cm cake tin with baking parchment. Blitz the flour, butter, half the icing sugar and the lemon zest together in a food processor until the mixture looks sandy. Add half the lemon juice and blitz again until the dough starts to clump together. *At this stage, the dough will keep wrapped and frozen for up to two months.* Heat the oven to 170C/150C fan/gas 3.
2 Press half the dough into the base of the tin using your fingertips, ensuring it's in an even layer. Spread the curd over the dough, leaving a 1/2cm border of around the edge.
3 Roll the remaining dough into cherry-tomato-sized balls, then press these into flat discs using your fingers. Arrange the dough discs over the layer of curd in a random patchwork pattern until completely covered. Bake for 35 mins until the shortbread is pale and lightly golden at the edges. Leave to cool completely in the tin.
4 Mix the remaining icing sugar with enough of the remaining lemon juice to make a pourable icing. Drizzle this over the cooled shortbread and leave to set, then cut into 16 squares. *Will keep in an airtight container for three days.*

GOOD TO KNOW gluten free
PER SERVING 231 kcals • fat 11g • saturates 7g • carbs 32g • sugars 17g • fibre 0.2g • protein 1g • salt 0.3g





Vegan cookies & cream cake

Make this bake for any children or adults with allergies or intolerances, or those following a dairy-free diet.

SERVES 16 **PREP** 30 mins
COOK 35 mins **EASY** V ❄ un-iced

150ml sunflower oil, plus extra for the tin
200ml dairy-free milk (we used oat milk)
1½ tsp white wine vinegar
1 tsp vanilla extract
120g dairy-free yogurt (we used coconut yogurt)
225g light brown soft sugar
200g self-raising flour
70g cocoa powder
1 tsp baking powder
½ tsp bicarbonate of soda

For the icing and decoration
150g crème-filled chocolate sandwich cookies
150g vegan spread
1 tsp vanilla extract
275g icing sugar

1 Oil a 20 x 20cm baking tin and line the base and sides with baking parchment. Heat the oven to 180C/160C fan/gas 4. Combine the oil, milk, vinegar, vanilla and yogurt in a jug. Mix the sugar, flour, cocoa powder, baking powder, bicarb and a pinch of salt together in a bowl.
2 Pour the wet ingredients into the dry and mix until there are no pockets of flour remaining. Tip the mixture into prepared tin and level the surface with a spatula. Bake for 35 mins, or until a skewer inserted into the middle of the cake comes out clean. If any wet cake mixture clings to the skewer, return the cake to the oven for another 5 mins, then check again. Remove from the oven and leave to cool completely in the tin.
3 Set half of the cookies aside for decorating later. Bash the rest with the end of a rolling pin or blitz in a food processor to chunky rubble. Beat the spread, vanilla and icing sugar together using an electric whisk until fluffy, then gently fold in the crushed cookies until combined.
4 Put the cake on a board. Spread over the icing. Halve or crumble the rest of the cookies and use these to decorate. Cut into squares. *Will keep in an airtight container for four days.*

GOOD TO KNOW vegan
PER SERVING 391 kcals • fat 20g • saturates 7g • carbs 49g • sugars 35g • fibre 2g • protein 3g • salt 0.5g

Fairy wand biscuits

MAKES 12-15 **PREP** 40 mins plus chilling and setting **COOK** 15 mins
EASY **V** ❄ unbaked dough

175g softened butter, plus extra for the tin
100g golden caster sugar
250g plain flour, plus extra for dusting
1 egg yolk (freeze the white for another recipe)
½ tsp vanilla extract
250g icing sugar
sprinkles of your choice, to decorate

You'll also need
star-shaped biscuit cutter
12-15 cake pop or lolly sticks
coloured ribbons (optional)

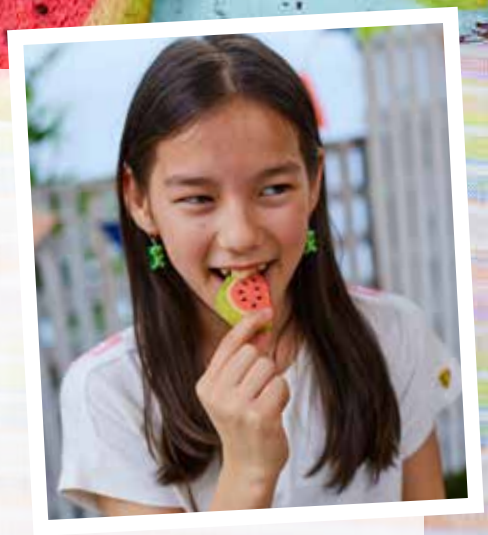
1 Tip the butter, caster sugar and flour into a food processor with a pinch of salt. Blitz until the mixture looks sandy. Add the egg yolk, vanilla extract and 1 tbsp cold water, and blitz again until the dough clumps together. Tip onto a surface and knead briefly until all the flour is incorporated. Shape into a disc, wrap and chill for 30 mins, or up to two days. *Will keep frozen for two months. If chilled for longer than 1 hr, leave at room temperature for 10 mins before rolling out.*
2 Line two baking trays with baking parchment. Heat the oven to 180C/160C fan/gas 4. Roll the dough out on a lightly floured surface until it's 3mm. Stamp out stars using the cutter, then carefully lift onto the baking trays and gently push a lolly stick into the base of each. Bake for 12-15 mins until golden at the edges (you may need to do this in batches). Cool on the trays for 5 mins, then transfer to a wire rack to cool fully.
3 Combine the icing sugar with 2-3 tsp water to make a thick icing. Spread this over the biscuits, then scatter with sprinkles. Leave to set for 1 hr, then tie ribbons around the wands, if you like. *Best eaten within 24 hrs, but will keep in an airtight container for three days.*

PER SERVING (15) 254 kcals • fat 10g • saturates 6g • carbs 38g • sugars 25g • fibre 1g • protein 2g • salt 0.2g



Shoot director EMMA WINCHESTER | Food stylist ROSIE REYNOLDS | Stylist LAUREN MILLER





Watermelon sugar cookies

Brighten up summer with these colourful cookies. They look impressive, but you only need a few ingredients to make them.

MAKES 40 **PREP** 25 mins plus at least 2 hrs chilling and setting
COOK 15 mins **MORE EFFORT**
V ❄ unbaked dough

175g cold butter
100g golden caster sugar
250g plain flour, plus extra for dusting
1 egg yolk (freeze the white for another recipe)
½ tsp vanilla extract
red and green food colouring gels
black edible icing pen

1 Tip the butter, caster sugar and flour into a food processor with a pinch of salt and blitz until the mixture looks sandy. Add the egg yolk, vanilla and 1 tbsp cold water, and blitz again until the dough starts to clump together.
2 Remove half of the dough from the food processor and set aside. Add a few drops of red food colouring to the dough still in the food processor and blitz until it's bright red. Halve the reserved plain dough, then add a few drops of green food colouring to one piece, kneading it until it is evenly coloured.
3 Roll the red biscuit dough into a long sausage shape on a lightly floured surface – it should be about 20cm long. Roll the plain dough out on a lightly floured surface into a 20 x 10cm rectangle. Repeat with the green dough, rolling it out to the same size. Roll the plain dough around the red dough, bringing the ends together and trimming any excess. Repeat with the green dough, rolling it around the plain layer. Wrap the sausage of dough tightly and chill for at least 2 hrs. *Will keep wrapped and frozen for up to two months.*
4 Heat the oven 180C/160C fan/gas 4 and line two baking trays with baking parchment. Unwrap the dough sausage, then use a sharp knife to cut it into rounds about 1cm thick. Arrange these on the prepared trays, then cut each round in half to make the watermelon wedges. You should have about 40 in total. Bake for 12-15 mins, swapping the trays over halfway through cooking if needed. Leave to cool completely on the trays.
5 Once cooled, pipe small dots over the red 'watermelon flesh' using the black icing pen to look like seeds. Leave to set for 30 mins before serving or packing into bags. *Will keep in an airtight container for up to three days.*

PER SERVING 67 kcals • fat 4g • saturates 2g • carbs 7g • sugars 3g • fibre 0.2g • protein 1g • salt 0.1g

simply kitchen



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new series

ideas to save you money

Make your freezer work for you



As well as extending the shelf-life of food and saving on waste, your freezer offers various shortcuts for preparing meals

words GOOD FOOD TEAM

What should I stock my freezer with?



MIXED VEG

Frozen vegetables are often healthier than fresh, because they're processed and frozen just after being picked, so there's no time for them to degrade in transit from farm to shop. You can also choose packs that combine different types of veg for specific purposes, whether it's packs of stir-fry veg for noodles, fillings for enchiladas, broccoli and cauliflower for gratins and curries, or carrots, beans and sweetcorn for soups, stews and rice dishes.

SWEETCORN

Frozen sweetcorn is good value, tastes better than canned and is a family-friendly choice. Because the kernels are frozen separately, you can easily measure out what's needed, as and when you need it. Use it in chowders and pancakes or stir into cornbread. A bag will keep for months to no ill effect. Corn on the cob cut into sections can also be found frozen, a wise buy during barbecue season or as a snack for kids. Try our curried sweetcorn soup at *bbcgoodfoodme.com/recipes/curried-sweetcorn-soup*.

BERRIES

Frozen blueberries, raspberries, and cherries allow you to enjoy a taste of summer all year round, and are often considerably cheaper than fresh. You won't waste any either, racing to eat them before they turn mushy. Their texture is changed by freezing, so they're best used in recipes where they'll be cooked or puréed, or you don't mind them collapsing (stirred into yogurt or porridge, for example). Our frozen fruit crumble (see recipe, right) can be made with any bag of frozen berries or a few bags of fruit that might be going past their best.

CHOPPED ONIONS

While some find chopping an onion therapeutic, there are those who find it a chore, especially when trying to get dinner on the table in a hurry. This is where

Frozen fruit crumble

SERVES 6 **PREP** 10 mins
COOK 25 mins **EASY** V

100g plain flour
50g rolled oats
100g butter, cut into cubes
50g light brown soft sugar
60g flaked almonds (optional)
3 tbsp ground almonds
500g frozen berries, defrosted

1 Heat the oven to 200C/180C fan/gas 6. Put the flour, oats, butter and sugar in a bowl and rub together with your fingers to a crumble texture. Bake for 10 mins, stirring to break it up after 5 mins. Mix in the flaked almonds, if using. *Will keep for two days in an airtight container.*
2 Sprinkle the ground almonds into an ovenproof dish, then spoon in the berries. Sprinkle over the crumble and bake for 15 mins. Serve with custard, cream or ice cream.

PER SERVING 330 kcals • fat 19g • saturates 9g • carbs 31g • sugars 13g • fibre 6g • protein 5g • salt 0.3g



BBC goodfood Middle East
COOK SMART



NICE TO HAVE



● SOFRITO MIX
This trio of onion, carrot and celery is used as the base for many Mediterranean recipes. It can be bought ready-made in bags, diced and ready for frying.

● FROZEN HERBS
Keep an eye out for frozen herbs – they're a great long-life alternative to fresh herbs.

● SMOOTHIE FRUIT BAGS
Filled with combinations of fruit, these bags of vitamin-packed goodness can be tipped in the blender and blitzed while frozen.



● PASTRY
Ready-made puff pastry, shortcrust and filo are a go-to for professional chefs as well as home cooks. Pastry can be used as pie lids, for tarts (great for using up the odd spoonful of jam), picnic snacks like cheese straws, and other everyday recipes.

handy bags of diced onions come in. You can buy large bags in the freezer section, or buy fresh onions and chop and freeze them yourself when you have a bit of time at the weekend. If you choose to do this, put them in a bag and pat it flat before freezing, so they don't clump together too much. Then try using them in our easy chickpea soup (see recipe, right).

FISH AND SHELLFISH
Whether you want to use fillets, whole fish or make fishcakes, frozen seafood is easy to use. Look out for shellfish, too, like squid, mussels and small prawns. Depending on where you shop, this can be a great budget option. Check the label to see whether the seafood is from a sustainable source. Smaller pieces of fish and seafood can be cooked from frozen, so you don't have to think ahead. If you're cooking larger fillets, you may find liquid is released during cooking, but you can stir that back into a sauce or rice, or drain away.

SPINACH
This is a wonder ingredient that's available frozen in small portions, or as loose leaves that can be used to great effect in curries, pastas, stews and soups. For recipes where

Moroccan-style chickpea soup

SERVES 4 PREP 5 mins
COOK 20 mins EASY V ❄

1 tbsp olive oil
1 onion, chopped
2 celery sticks, chopped
2 tsp ground cumin
600ml hot vegetable stock
400g can chopped plum tomatoes with garlic
400g can chickpeas, drained
100g frozen broad beans
½ lemon, zested and juiced
handful of chopped coriander or parsley and flatbreads, to serve

1 Heat the oil in a large saucepan, then fry the onion and celery over a low heat for 10 mins to soften, stirring frequently. Tip in the cumin and fry for another minute.
2 Turn up the heat, then add the stock, tomatoes and chickpeas, and a grinding of black pepper. Once bubbling, turn the heat down and simmer for 8 mins. Add the broad beans and lemon juice, and cook for a further 2 mins. Season, then top with a sprinkling of lemon zest and herbs. Serve with flatbreads.

GOOD TO KNOW healthy
PER SERVING 148 kcals • fat 5g • saturates 1g • carbs 17g • sugars none • fibre 6g • protein 9g • salt 1.2g

THINGS TO FREEZE YOURSELF

Here's a checklist of some of our favourite things to freeze in order to save on waste or get ahead.

- Homemade stock
- Grated leftover cheese
- Batches of fried onions
- Batches of tomato sauce (for pizza and pasta)
- Batches of muffins for lunchboxes or breakfast
- Rice, cooked and quickly cooled within an hour of cooking
- Eggs that are nearly at their use-by date, cracked into muffin tins (pop them out when frozen and store in a freezer bag or box) for when you need beaten eggs
- Potatoes, boiled for 5 mins, then continue cooking from defrosted
- Leftover cooked pasta or noodles

Good freezer maintenance

DEFROSTING

An icy freezer is an inefficient one, so you may need to defrost it when ice builds up. Don't worry about the food; most things will remain frozen in the fridge for a couple of hours while the freezer defrosts.

KEEP IT WELL STOCKED

A full freezer is more economical to run because less cold air is needed to circulate around the shelves, therefore less power is used.

LABEL YOUR ITEMS

To stop things getting lost in the back of the freezer, label everything – and before buying anything else, check that you don't already have it in stock.

a little extra liquid won't hurt, you can add spinach frozen, but for others, defrost the spinach and squeeze all the water out. Once you've got the knack of it, this will become as regular a freezer staple as peas. Try it in our spinach madeleine (*bbcgoodfoodme.com/recipes/spinach-madeleine*) for a side or main dish.

BREAD



Freeze sliced bread as soon as you buy it and you'll never waste a slice. Bread can be toasted from frozen or defrosted as you need it. Pittas, wraps and other bread products can also be frozen and defrosted easily. Bake-from-frozen bread and part-cooked bakery options are also good if you plan to put the oven on anyway. Toast can also form the basis of a satisfying meal, like our smoky chickpeas recipe (right).

PEAS

The definitive frozen food, used in everything from soups and Sunday roasts, to fried rice and falafel. Peas are a versatile, low-cost veg, and a true winner. Most of our pea recipes can be cooked with frozen ones, as well as added to cold dishes like our Little Gem & pea salad at: *bbcgoodfoodme.com/recipes/little-gem-pea-salad*.

CHIPS

Not just a side dish, chips can be used as a base for toppings and make a great substitute for a pastry lid on a pie (you'll find a fish pie and a braised beef pie on *bbcgoodfoodme.com* that use this technique). Or, you can add herbs and spices to them, like thyme & oregano chips, which make a fabulous side for a souvlaki or chicken gyros. Loaded fries are a great weekend treat, too – find our meatball marinara fries at *bbcgoodfoodme.com/recipes/meatball-marinara-fries*.

BREADED CHICKEN OR TURKEY

Breaded poultry like goujons can be a smart buy if you want a meal that is quick to prepare in the



Smoky chickpeas on toast

SERVES 2 **PREP** 2 mins
COOK 10 mins **EASY**
V ❄ chickpeas only

1 tsp olive or vegetable oil, plus a drizzle
1 small onion or banana shallot, chopped
2 tsp chipotle paste
250ml passata
400g can chickpeas, drained
2 tsp honey
2 tsp red wine vinegar
2-4 slices bread
2 eggs

> "Toast can form the basis of a satisfying meal"



1 Heat half the oil in a pan over a low-medium heat and cook the onion for 5-8 mins until softened. Add the chipotle paste, passata, chickpeas, honey and vinegar. Season and bubble for 5 mins.
2 Meanwhile, toast the bread. Heat the remaining oil in a frying pan and fry the eggs over a medium heat until cooked to your liking. Drizzle the toast with a little more oil, then top with the smoky chickpeas and fried eggs.

GOOD TO KNOW healthy
PER SERVING 423 kcals • fat 15g • saturates 3g • carbs 45g • sugars 15g • fibre 9g • protein 22g • salt 0.7g

evening. Larger pieces, like flattened chicken breast, can serve more than one person in buns (in place of beef burgers), or slice and serve on top of ramen or with rice for katsu curry. Our chicken katsu wrap is also very simple and quick to make (see recipe, right), and uses just four ingredients that are ready-prepared and, of course, available to buy from the freezer cabinet.

Katsu curry wrap

SERVES 4 PREP 5 mins
COOK 10 mins EASY

400g chicken goujons
280g katsu curry sauce
4 large tortilla wraps
250g stir-fry vegetables (without beansprouts)

1 Cook the goujons following pack instructions. Heat the katsu sauce in a small pan over a low-medium heat until piping hot.
2 Chop the goujons into bite-size pieces and toss with the sauce. Warm the tortillas in the microwave, then layer with the chicken and raw veg, roll up and serve.

PER SERVING 569 kcals • fat 25g • saturates 5g • carbs 60g • sugars 12g • fibre 7g • protein 23g • salt 2.2g

Our katsu wrap uses just four ingredients that are available to buy from the freezer cabinet





Thyme & oregano chips

SERVES 6-8 PREP 5 mins
COOK 30 mins EASY V

600g frozen fries
2 tbsp olive oil
1 tsp dried oregano
1 tsp dried thyme
½ tsp garlic granules
large pinch of cayenne pepper (optional)

1 Heat the oven to 220C/200C fan/ gas 7 with a sturdy baking tray inside. Toss the frozen fries in a bowl with the other ingredients and a large pinch of salt to evenly coat.
2 Carefully spread the fries over the tray. Cook for 15 mins until starting to turn golden, then use a spatula to flip them. Bake for 15-20 mins more until golden and crisp. Try serving with our chicken gyros, as pictured (*bbcgoodfoodme.com/recipes/big-barbecue-chicken-kebab*)

PER SERVING 130 kcals • fat 7g • saturates 1g • carbs 15g • sugars 0.1g • fibre 1g • protein 1g • salt 0.2g

Points to remember

It's best to freeze food when it's fresh – the intention being to keep it at its best. But, you can also save on waste by freezing items that are past their prime.

1 Be sure to cool cooked foods completely before you freeze them. Freezing food when hot is not energy efficient, as it raises the temperature in the freezer and could cause other foods to start defrosting.

2 Only refreeze food if you're cooking it before putting it back in the freezer. Food-borne bacteria will become inactive when frozen, but will thaw along with the food and become active again. But, if you cook the food inbetween (for example, thawing beef mince, using it to make bolognese, then freezing), the bacteria will be killed off in the cooking. That's provided you haven't allowed the food to become unsafe by leaving it hanging around too long after defrosting, or defrosting it in a dangerous manner (for example, somewhere very hot). Some bacteria can produce toxins that cannot be killed by heat.

3 Remember to label and wrap foods properly or put them in sealed containers; otherwise, your food may get freezer-burn.

What to freeze with care

Most individual ingredients can be frozen, however, some foods simply aren't as freezer-friendly.

- Hard-boiled eggs go rubbery, so chop them first.
- Veg with a high water content – such as lettuce, cucumber, beansprouts and radishes – go limp and mushy when defrosted, so plan on blending them or use them in dishes where this doesn't matter.
- Soft herbs, like parsley, basil and chives, can be mixed into dishes but won't be good for garnishing.

OUR goodfood COOK SMART PROMISE

To support you with the challenge of rising food and energy prices, we're bringing together knowledge and ideas to help you eat well, whatever your budget.

health

Delicious recipes and top nutrition tips



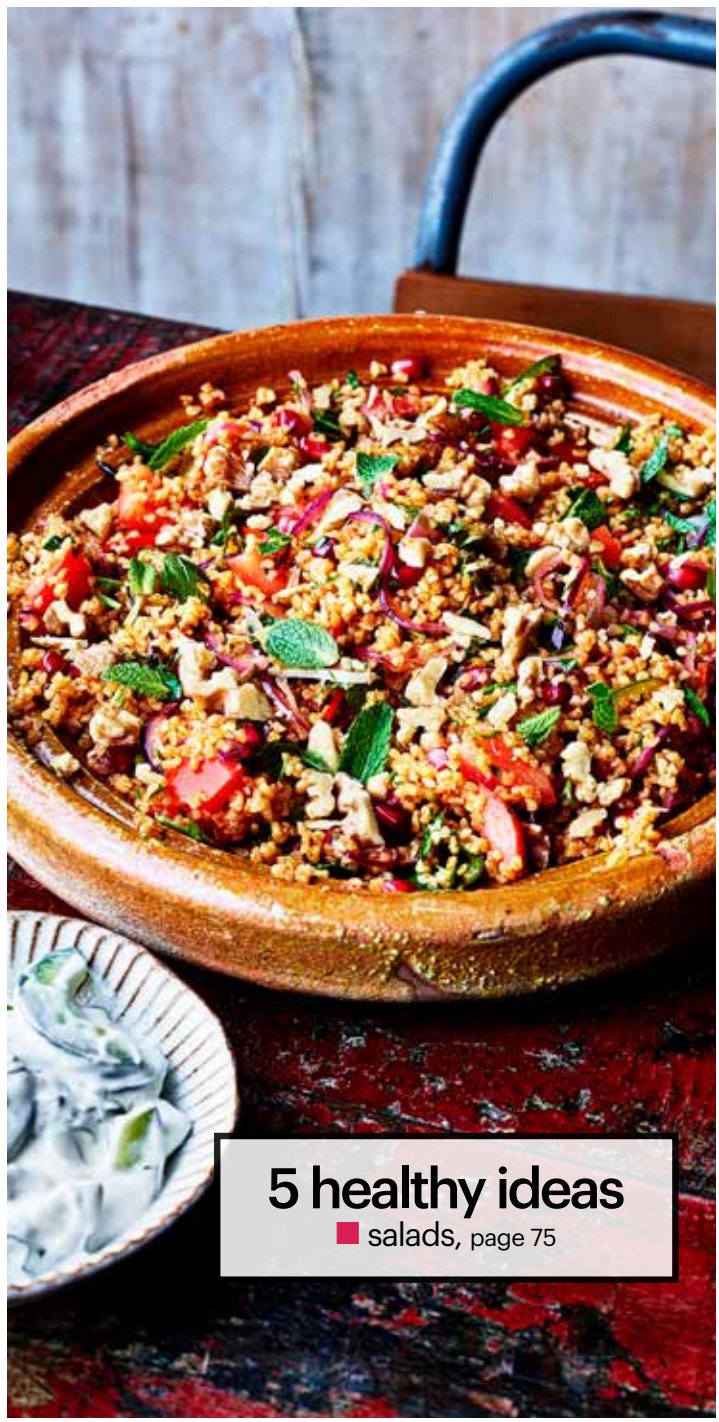
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Off to a good start

Three delicious breakfasts to keep you fuelled till lunchtime

Vegan strawberry pancakes

We've used soy milk and yogurt here, but go for a plant milk that's fortified with nutrients such as calcium – or feel free to use regular milk, if you'd prefer.

SERVES 2 (makes 6 pancakes)
PREP 10 mins **COOK** 8-10 mins
EASY V

FIBRE | 1 OF 5-A-DAY | FOLATE

115g wholemeal spelt flour
1 tsp baking powder
1 tsp cinnamon
150ml fortified soya milk
240g soya yogurt
1 tsp vanilla extract
drop of rapeseed oil
200g strawberries, hulled and halved or quartered if large
2 tbsp chopped pecans
a few small mint leaves, optional

1 Mix the flour with the baking powder and cinnamon in a bowl using a balloon whisk. In a jug, whisk together the milk, 2 tbsp of the yogurt and vanilla extract, then whisk this into the dry ingredients to make a thick batter.

2 Rub the oil around the pan using kitchen paper, then set the pan over a medium heat. Spoon in 1½ tbsp batter in three or four places to make small pancakes. Cook over a low heat for 1-2 mins until set, and bubbles appear on the surface, then turn the pancakes using a palette knife. Cook for another 1-2 mins until golden and cooked through. Repeat with the remaining batter to make 6 pancakes in total.

3 Serve 3 pancakes per person topped with the remaining yogurt, berries, pecans and mint leaves.

GOOD TO KNOW vegan • healthy • calcium • folate • fibre • vit c • iron • 1 of 5-a-day
PER SERVING 453 kcals • fat 19g • saturates 4g • carbs 46g • sugars 11g • fibre 13g • protein 16g • salt 0.9g





gf tip
MAKE IT VEGAN
Omit the eggs in the recipe and replace with slices of tofu.

One-pan eggs & peppers

Eggs with antioxidant-rich tomatoes make this a healthy and great-tasting choice for breakfast. It would make a lovely supper, too. Eggs are a good source of leucine, an amino acid that helps energy production, so this will keep you on form right up until lunchtime.

SERVES 4 **PREP** 10 mins
COOK 25 mins **EASY** V

FIBRE | 4 OF 5-A-DAY | LOW CAL

1 tbsp olive oil
2 onions (320g), halved and thinly sliced
1 orange pepper, halved, deseeded and sliced
1 red chilli, deseeded and sliced
400g can chopped tomatoes
2 tbsp tomato purée
2 tsp vegetable bouillon powder
1 tsp dried oregano
1 tsp smoked paprika, plus a little for sprinkling
2 x 400g cans chickpeas
4 eggs
2 x 120g pots bio yogurt
2 garlic cloves, finely grated
4 tbsp chopped parsley

1 Heat the oil over a medium heat in a large deep frying pan with a lid. Stir in the onions, then cover and leave to cook for 5 mins. Remove the lid and give the onions a stir – they should have softened and be starting to brown in places. Stir in the pepper and chilli, and cook for 2 mins, then tip in the tomatoes, tomato purée, bouillon, oregano, paprika and chickpeas, along with their liquid. Cover and turn the heat down to a simmer for 15 mins.
2 Create two dips in the mixture with a spoon and crack 2 eggs into them. Cover and cook over a low heat for about 5 mins, until just set.
3 Meanwhile, stir the yogurt with the garlic in a small bowl and sprinkle with paprika. Serve half the chickpea mixture with the cooked eggs. Serve half the yogurt on the side and sprinkle with half the remaining parsley and a little paprika. Cool and chill the remainder. *Will keep covered in the fridge for five days. Reheat the chickpeas in a small pan with a dash of water, and cook the remaining eggs in it, as above, then serve.*

GOOD TO KNOW healthy • low cal • calcium • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 384 kcals • fat 13g • saturates 3g • carbs 38g • sugars 17g • fibre 11g • protein 23g • salt 1.3g

Orange & dark chocolate yogurt bowls

These delicious yogurt bowls have a secret layer of creamy cholesterol-busting oats cooked in soya milk to make them more substantial. Citrus fruits are rich in collagen-supportive vitamin C, so are great for skin health and elasticity.

SERVES 2 **PREP** 10 mins
COOK 8 mins **EASY** V

FIBRE | 1 OF 5-A-DAY | FOLATE

80g porridge oats
640g unsweetened fortified soya milk
2 x 120g pots bio yogurt or soya yogurt
2 oranges, peeled and chopped
16g pecans or walnuts, chopped
10g grated dark chocolate
sprinkling of ground cinnamon

1 Tip the oats into a pan and pour in the soya milk. Stir over a medium heat for 5-8 mins until the oats are cooked and the mixture thickens slightly. Pour into two bowls and allow to cool for a few minutes to thicken further.
2 Smooth the yogurt over the top to completely cover the porridge, then top with the oranges, nuts, chocolate and cinnamon.

GOOD TO KNOW vegan • calcium • folate • fibre • vit c • 1 of 5-a-day
PER SERVING 440 kcals • fat 19g • saturates 4g • carbs 42g • sugars 14g • fibre 9g • protein 20g • salt 0.3g

gf tip
Don't be tempted to remove all the pith from the oranges – it's loaded with fibre, vitamin C and immune-supporting flavonoids.



MAISON SANTÉ

HOME OF WELLNESS

Explore the newly opened Maison Santé, a wellbeing sanctuary in the city



Blending Eastern and Western medicine practices, Maison Santé is a wellness hub for those looking to kickstart their wellbeing journey. Step into a tranquil, aesthetically pleasing space that instantly calms your mind with natural earthy elements and neutral hues.

Maison Santé seeks to redefine the philosophy of wellness through regeneration, balance and growth of the body and mind. With nearly 17 years of experience in the field, Co-founder Dr. Maria Alonso – renowned within the UAE for her role as Medical Director at a leading wellness clinic – brings forth her expertise in Preventive Medicine and Traditional Chinese Medicine.

If you're unsure where to begin your health journey, Maison Santé is on a mission to help you achieve and sustain your wellbeing and health in the simplest, most effective way possible. The Preventive Medicine route begins with an assessment designed to reveal a detailed image of your current state of health, focusing on areas that require special attention. The assessment evaluates your genetic predisposition, lifestyle and nutrition, to detect and prevent risk factors early on. Additional services such as Manual Lymphatic Drainage, Physiotherapy and Psychology are also available.

Maison Santé Lounge

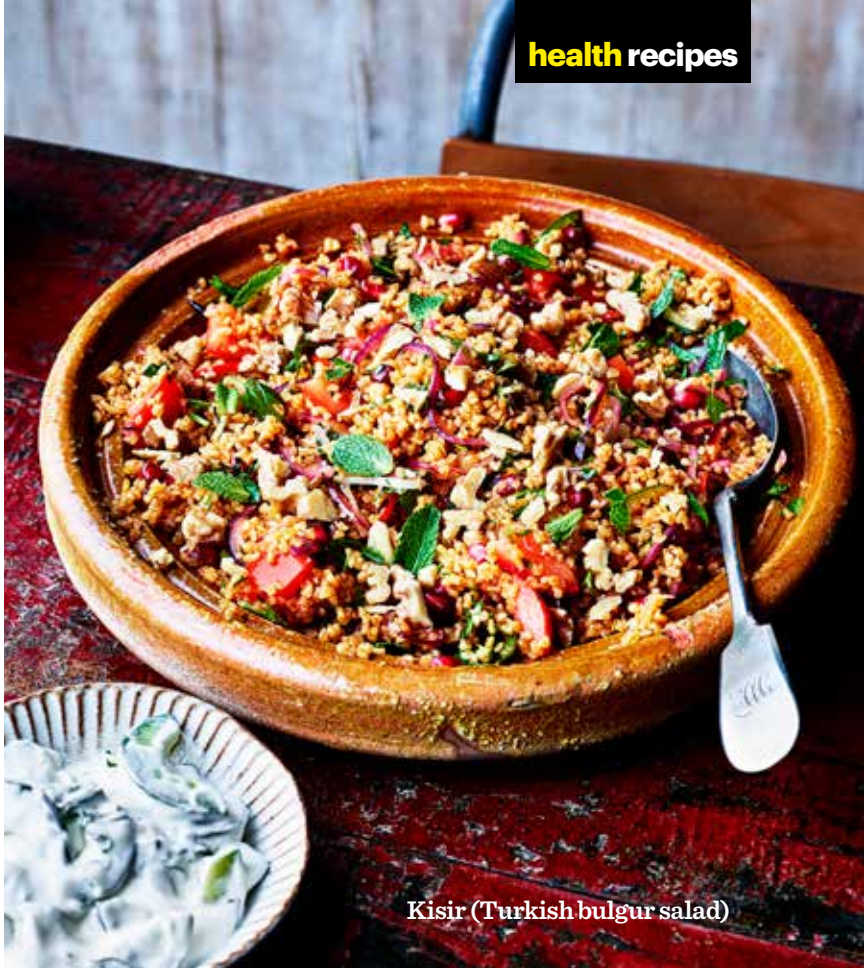
Designed for you to relax with a cup of organic coffee or tea with nutritious snacks, the lounge is ideal for those who want to unwind before and after treatments. You can also find an extensive selection of well-sourced premium supplements, making Maison Santé the ultimate spot for all your wellness needs.

Meyan Mall, 2nd Floor, Umm Suqeim 2, Dubai. Contact +9714 324 4432 or visit maisonsante.ae.

5 healthy ideas

salads

Enjoy a light lunch or dinner in the garden when the sun shines using these wholesome recipes



Kisir (Turkish bulgur salad)

Chicken garden salad with elderflower dressing

SERVES 6 PREP 25 mins COOK 5 mins EASY

Drop a **bunch of asparagus**, spears halved, into a pan of boiling water. After 1 min, add **200g sugar snap peas**. After 30 seconds, tip in **140g frozen or fresh peas**. Cook for 30 seconds, then drain and plunge into ice-cold water. After 2 mins, drain. Whisk together **2 tbsp elderflower cordial**, **2 tbsp white wine vinegar**, the **zest and juice of 1 large lemon** and **3 tbsp rapeseed oil**. Add **1 small cooked chicken**, shredded, **250g sliced radishes**, **1 thinly sliced red onion**, the drained vegetables, and **1 large torn curly lettuce**. Gently toss everything until well coated. Pile onto a platter and scatter over a **handful of pea shoots**, if you like.

GOOD TO KNOW healthy • low cal • folate • vit c • 3 of 5-a-day • gluten free
PER SERVING 419 kcals • fat 19g • saturates 4g • carbs 11g • sugars 9g • fibre 4g • protein 50g • salt 0.4g

Kisir (Turkish bulgur salad)

SERVES 4-6 PREP 25 mins COOK 5 mins EASY V

Fry **1 sliced red onion** in **1 tbsp olive oil** in a pan over a medium heat. Add **2 chopped garlic cloves** and cook for 30 seconds. Add **2 tsp ground cumin** and **1 finely chopped red or green chilli**. Cook for 1 min. Stir in **2 tbsp tomato purée** and 175ml boiling water. Add **250g bulgur wheat**, season and stir well. Remove from the heat, then cover and leave for 15 mins until the water has been absorbed. Fluff with a fork. Mix through **4 chopped plum tomatoes**, **15g roughly chopped walnuts**, **60g pomegranate seeds** and **30g each chopped mint** and **flat-leaf parsley**. Mix the **juice of 1 large lemon** with **85ml extra virgin olive oil**, and stir through **1 3/4 tbsp pomegranate molasses**.

GOOD TO KNOW vegan • healthy
PER SERVING (6) 371 kcals • fat 19g • saturates 3g • carbs 40g • sugars 9g • fibre 5g • protein 7g • salt 0.2g

Chickpea salad

SERVES 6 PREP 10 mins
NO COOK EASY V

Combine a **400g can drained and rinsed chickpeas**, a **handful each of chopped coriander** and **parsley**, **1 thickly sliced red onion**, **2 large chopped tomatoes**, **2 tbsp olive oil**, **2 tbsp harissa** and the **juice of 1 lemon**.

GOOD TO KNOW vegan • healthy • gluten free
PER SERVING 123 kcals • fat 6g • saturates 1g • carbs 12g • sugar 4g • fibre 5g • protein 4g • salt none

10-minute couscous salad

SERVES 2 PREP 10 mins
NO COOK EASY V

Tip **100g couscous** into a large heatproof bowl and pour over **200ml hot low-salt veg stock**. Cover. Leave for 10 mins until fluffy and the stock has been absorbed. Add **2 sliced spring onions**, **1 sliced red pepper** and **1/2 finely chopped cucumber**, and stir well. Crumble in **50g cubed feta** and sprinkle over **2 tbsp pine nuts**.

GOOD TO KNOW 327 kcals • fat 17g • saturates 5g • carbs 33g • sugars 7g • fibre 2g • protein 13g • salt 0.9g

Pearled spelt salad with peas & gooseberries

SERVES 2 PREP 15 mins
COOK 25 mins EASY V

Put **1/2 finely chopped onion**, **1/2 finely chopped celery stick** and **1 finely chopped carrot** in a pan with 200ml water. Bring to the boil, then reduce the heat and simmer for 15 mins. Add **50g pearled spelt**, cover the pan and simmer for 10 mins more. Add **1/4 sliced fennel bulb** and **6 pea pods**, and cook for 10 mins. Check that the spelt is cooked – it should be slightly al dente rather than soft. Season to taste, then strain. Chill for 1 hr. To serve, put **1/2 small bag of salad leaves** on a plate, then spoon the spelt and vegetables on top. Dress with **2 sliced tomatoes**, **3 sliced gooseberries**, the pea pods and fennel fronds. Finally, drizzle with a little **rapeseed oil**.

GOOD TO KNOW vegan • healthy • low fat • low cal • calcium • folate • fibre • vit c • 4 of 5-a-day
PER SERVING 185 kcals • fat 5g • saturates 1g • carbs 27g • sugars 12g • fibre 10g • protein 7g • salt 0.3g

gf healthy diet plan

cereal thriller

Wake up to this novel breakfast that uses popcorn as a crunchy base

recipe SARA BUENFELD *photograph* WILL HEAP

Popcorn muesli

SERVES 4 PREP 5 mins
NO COOK EASY V

HEALTHY CALCIUM

100g porridge oats
2 tbsp toasted three-seed mix (ours included flaxseed and pumpkin and sunflower seeds)
40g plain or lightly salted popcorn
30g sultanas
6 walnut halves, broken up
4 x 120g pots bio yogurt
milk, to serve (optional)

1 Combine the oats, seed mix, popcorn, sultanas and walnuts. *Will keep in a sealed jar or airtight container for up to five days.*
2 When you're ready to serve, spoon the yogurt into bowls, then scatter over the muesli and pour over a little milk to loosen, if you like.

GOOD TO KNOW healthy • calcium
PER SERVING 332 kcals • fat 14g • saturates 4g • carbs 36g • sugars 14g • fibre 4g • protein 13g • salt 0.3g

Shoot director EMMA WINCHESTER | Food stylist ROSIE REYNOLDS | Stylist LAUREN MILLER

GOURMET LIFESTYLE



ISLAND SANCTUARY

p80

Competitions, p87



EXPERIENCE PARK HYATT ABU DHABI HOTEL AND VILLAS

Looking for a summer escape, teeming with contemporary luxury, turquoise waters and fabulous views? Explore Park Hyatt Abu Dhabi Hotel and Villas

Located on the prestigious, natural island of Saadiyat in Abu Dhabi, Park Hyatt Abu Dhabi Hotel and Villas is an exclusive hideaway of modern luxury located on a nine-kilometre stretch of environmentally protected white sand beach.



The resort is adjacent to the Saadiyat Beach Golf Club and minutes from the city's prime business district, Louvre Abu Dhabi and the Corniche. Catering to business and leisure travellers, this stylish resort offers spectacular, unobstructed vistas of the white sandy beaches and Saadiyat Beach Golf Club, from the restaurants and rooms.

Just over an hour's drive from Dubai, we were able to spot the grand property from the distance and were impressed by its opulent entrance.

ACCOMMODATION

The stunning island property presents Hyatt's authentic and elegant approach to hospitality with 306 luxuriously appointed rooms (including 23 suites and 18 private luxury villas). A bright, spacious lobby adorned with sleek furnishings, vibrant paintings and neutral tones greeted us, as we arrived. Shortly after, we were taken to our Sea View King room and served fresh coconuts, as well as delectable chocolates and a bouquet of roses - little touches that really put a smile on our faces.

All guestrooms boast a contemporary décor scheme, with subtle Arabian details integrated into the design. Guest bathroom features are made from Chinese lava wave marble as well as white marble originating from Oman. Each guestroom has a spacious bathroom with a freestanding bathtub and dedicated rain-shower, as well as a spacious balcony with views towards the Arabian Sea, Saadiyat Beach Golf Club, or the hotel swimming pools.

Guests staying at the hotel's premium suite and villa categories are offered a range of additional amenities and services, such as butler service, complimentary breakfast and free airport transfers.

GASTRONOMIC OFFERINGS

Across the resort's many dining options, a sensory journey awaits, sure to gratify even the most demanding palates with exceptional food, beverages and design.

From Argentinian classics with a Lebanese twist at Maté, and homemade







dishes from the Mediterranean coastline at the Beach House, to Arabic specialties at the Café, homemade chocolates and pastries at the contemporary tea lounge, the Library, and Shala, a beach lounge inspired by bohemian free spirits, you will find something for everyone.

On our first evening we visited Maté, for their Supper Club, comprising an astonishing 16-course menu combining North and South Argentinian cuisine with a touch of Lebanon. The main highlights from the menu were the humita and provoleta empanadas, that were surprisingly light, crunchy on the outside, creamy on the inside and full of flavour. This was followed by pizza fugazetta, an Argentinian-style pizza where the sweetness of the onions and the aroma of the baked burrata oregano married perfectly. Shortly after, the server brought us smoked palta asada and beef tartare with egg yolk and crisp parmesan. The perfectly seasoned beef was utterly delectable.

The feast went on with fresh oysters with seaweed chimichurri and blue shrimp salad with rocket grapefruit and grilled fennel. My dining partner isn't a fan of oysters, but was seriously impressed, as the seaweed added a delicate touch. A drummer appeared entertaining all the diners with playful Latin sounds, and the culinary experience continued with an original toothfish wrapped in corn husk that was soft, tender and downright luscious.

We were brought woodfire cooked short ribs and chargrilled outside skirt, that was succulent and literally fell off the bone. My dining partner particularly enjoyed the chargrilled outside skirt, cooked medium-rare.

We managed to make space for dessert and tried churros with dulce de leche and the vigilante Maté, burned cheesecake with sweet potato ice cream, which were both rich, velvety and lush.

The next morning, we made our way to breakfast at the Café, a bright and airy space boasting endless food counters and live stations. We started with fresh watermelon juice and explored the numerous options at the breakfast buffet. You can find everything from freshly-cut fruit and a selection of cold cuts, cheese, salads and smoked salmon, to porridge, dim sum, baked beans, chicken sausages and turkey bacon. You can even find a kid's section with pancakes and waffles. Additionally, the venue offers a menu of egg-based dishes. I opted for scrambled eggs with truffle and spinach, which was well-balanced and a great start to my morning.

FACILITIES:

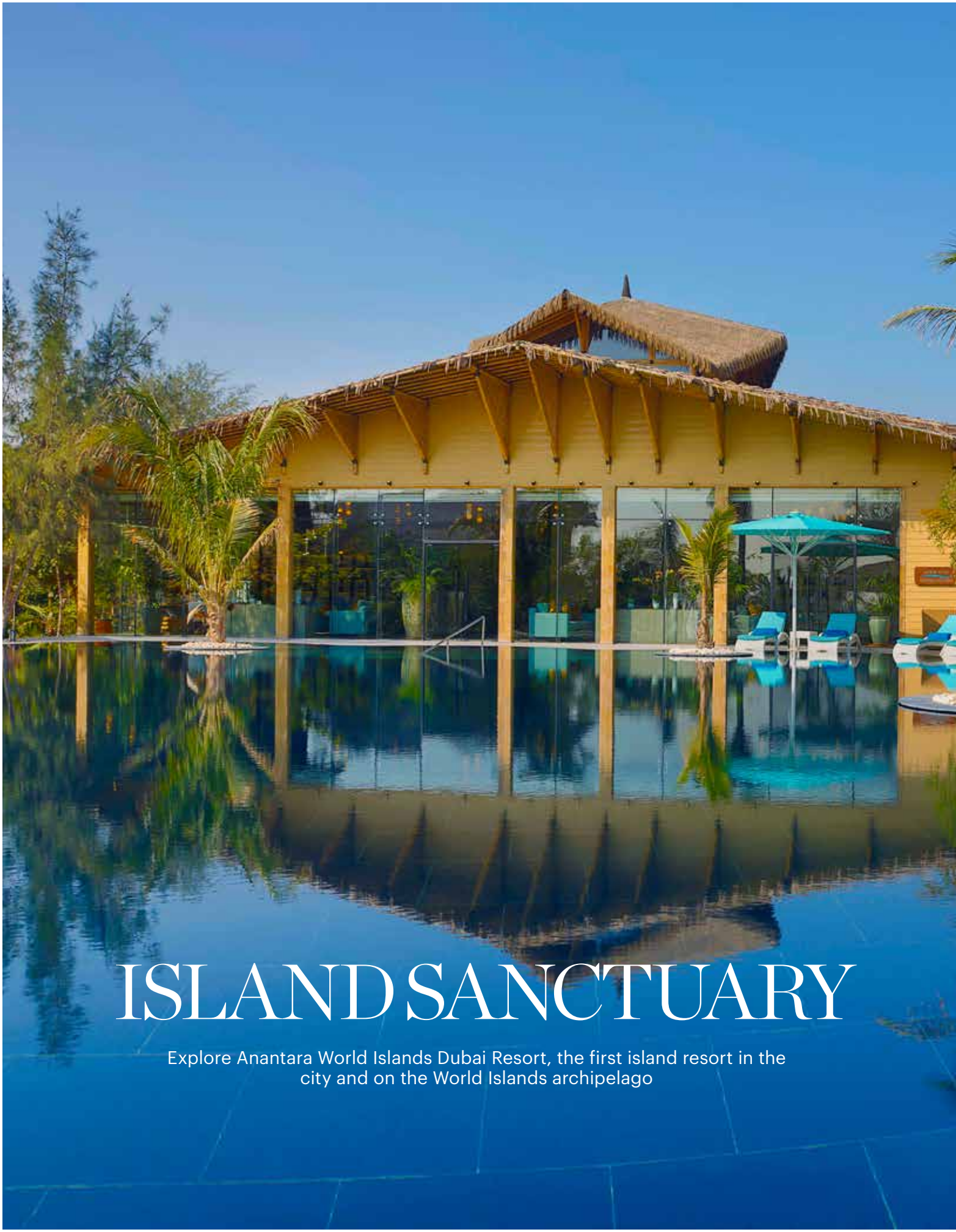
Park Hyatt Abu Dhabi Hotel and Villas offers a tennis court and four outdoor swimming pools, including a children's pool. We went for a quick dip by one of the pools and it was pure bliss. If you are looking to start your day energised, don't forget to visit the Atarmia Studio. We woke up early to do the morning stretch class and it left us invigorated and ready to take on the day!

INSIDER TIP:

Don't miss the opportunity to reserve your staycation at this island haven. Take advantage of their amazing 'Stay 3, Pay for 2' offer for a relaxing beach escape.

BOOK A STAY:

Room rates start from AED650. Contact +9712 407 1234 or visit www.hyatt.com/park_hyatt/abu_dhabi



ISLAND SANCTUARY

Explore Anantara World Islands Dubai Resort, the first island resort in the city and on the World Islands archipelago



The renowned World Islands Dubai project has played host to several club and nightlife events, but with Anantara opening a resort on the South American continent within the archipelago, barefoot luxury away from the humdrum of the city is just a 30-minute boat ride from Anantara Dubai The Palm.

Home to 70 rooms, suites and villas, this lavish private resort welcomes guests with beats from drummers, on the jetty, and a cold towel to perk you up after your boat journey. At check-in, quench your thirst with fresh coconut water before heading towards your private villa on a buggy.

ACCOMMODATION

A 'Welcome Home' sign created with sand at the entrance of our villa, adds a homely touch that instantly speaks volumes of the warm hospitality, from the point of arrival. The One-bedroom garden pool villa opens to the closet space, and after a quick walk into the room stands a plush bed at the centre of the villa. The lounge/dining space is the perfect spot for an in-room meal and coffee.

Boasting a private pool and sunbeds on the terrace, with wooden doors that offer a view of the beach in the distance, we found ourselves cooling down with a dip in the pool every few hours while enjoying a read outdoors in the evening. The villa's bathroom features a shower and stand alone bathtub, that's apt for a relaxing soak after a day on the island. Other features include the Smart TV, complimentary WiFi, flip flops, bathrobes and tea and coffee-making facilities. Right before indulging in a night of restful sleep, we admired the architecture of the villa, the slanted wooden beams and fans on the ceiling, exuding an island vibe with natural, earthy elements.

CULINARY OFFERINGS

Having spent the majority of our day by the pool and beach, admiring the peacocks, peachicks and ducks that crossed our path, we were ready for a Mediterranean feast by the oceanside as soon as the sun set. If the weather permits, dine al fresco at Helios, a relaxed eatery with impressive views of the Dubai skyline and Burj Khalifa.

Our meal began with a platter of crisp tempura fried calamari, squid and veggies and refreshing fruit-based concoctions to beat the heat. Tender lamb chops with a side of grilled vegetables and chunky double-fried potatoes proved to be a filling portion. My dining partner chose the grilled red mullet that was simple and fresh. To end our meal, we shared a decadent chocolate lava cake with vanilla ice cream.

Breakfast takes place at Helios too, offering a wholly different vibe, as the indoor setting is flooded with natural light and calming white and blue tones that ease you into your day. The breakfast menu features a Gourmet Start section comprising cold cuts, Scottish smoked salmon and a cheese platter. Local flavours highlight Egg shakshuka, a spicy

UNIQUE EXPERIENCE

A one-of-a-kind lunch takes place on the HamaCland; a bespoke floating dining concept set out at sea. Jump aboard and sail into the sea, with assistance from the Anantara staff, for a meal in the ocean. The HamaCland features two loungers, a hammock and a deck at the front, where you can dip your toes into the water. My dining partner and I sipped on premium bubbly before opening our picnic hampers brimming with freshly prepared gourmet bites by the hotel's chefs. The first tray featured a lobster salad, shrimp cocktail and seafood marinated with pineapple and chilli alongside crudites and dips. Asparagus, baby spinach and cherry tomatoes salad with seeds followed, with a baguette sandwich of steak, mozzarella, sundried tomatoes and rocket leaves. Enjoying the tranquillity out at sea, we paused for plenty of photos and videos of this memorable experience. A decadent cheesecake topped with fruit, half a pineapple filled with fruit cubes and berries, cookies, and a cheese assortment of hard and soft varieties alongside cold cuts and crackers, was the perfect end to our meal. We messaged our villa butler via WhatsApp, once done, who arranged for staff to bring us back to shore.









Qamar

coconut curry with chicken and potatoes and foul medames or falafel. The menu also boasts a healthy section featuring chia seed pudding, power treats and more. We opted for dishes from the Egg Station to kickstart the day. My choice of smoked crab eggs benedict with hollandaise sauce on an English muffin was an absolute delight and a welcome take on the original. Served with grilled tomato and a hash brown, it was filling enough for me to pass on the other options even though I had my eyes on the caramelized French toast. My dining partner ordered a side of smoked salmon with the superfood avocado toast, topped with a poached egg, mushrooms, pumpkin seeds and rocca. For a nutritious addition, my partner ended with the Helios berry smoothie bowl with nuts and granola. The next morning, we were eager to try other breakfast specialities, and the











Spanakopita did not disappoint. An airy, flaky pastry basket filled with spinach, egg and feta; it was a divine option that allowed room for a bowl of fresh fruit later.

Qamar is the restaurant to make a beeline for at dinner. One of the highlights of our meals onshore, this Arabic and Indian eatery under the moonlight, by the ocean, serves dishes with contemporary flair. A trolley rolled by as we sat down, presenting fresh dates and a much-needed cold towel. Crisp papad and breadsticks trailed, served with chutneys, chickpeas and olives for light nibbles.

Since we knew we wanted Indian specialities for mains, we chose the cold mezze platter, tucking into hummus, tabbouleh, babaganoush, muhammara, labneh and stuffed wine leaves. Plenty for three or more to share, we savoured every bite with the freshly made rotis and kuboos. Giving ourselves a break in between courses, we walked around the expansive terrace and admired the traditional setting indoors, complete with majlis-style seating, hanging lanterns and mashrabiya window fixtures.

Jashina Jingh curry was the first main we tried, dipping a garlic butter naan into the spiced creamy coconut curry with juicy prawns. The flavours were impeccable and paired well with the Murgh Kali Mirch Tikka skewers; juicy boneless chicken marinated in cashew nut, Amul cheese and green cardamom. Cooked in the tandoor oven, the creamy chicken pieces had the right amount of smokiness. Since we couldn't squeeze in two desserts, as suggested, we shared the Rasamali; with each cold cottage cheese ball immersed in cold, thickened sweet milk with hints of cardamom.



FACILITIES

A staycation is incomplete without a well-being treatment. Anantara Spa offers a wide range of wellness treatments that allows your body to be restored right after. The Island Lomi Lomi Massage, a traditional Hawaiian technique, begins with a foot wash followed by long continuous strokes along the back, neck and shoulders to release tension. The wide, flowing movements are made with the therapist's fingers, arms and palms along the body, as an aromatic oil is spread all over to nourish the skin. The massage is known to assist blood and lymph flow, eliminate toxins and instil a sense of harmony, and it did. I took a few minutes to unwind in the lounge with a refreshing ginger tea. My body felt rejuvenated, and I was ready to head back to my villa for a nap after.

The island resort is home to a state-of-the-art gym, water sports and activities for all ages, including a Kids Club. For indoor fun, head to the recreation centre and enjoy billiards, table tennis and air hockey.

BOOK NOW!

The Junior Ocean View Suite is available from AED2,260 per night. The Garden Pool Villa is available from AED3,470 per night. Visit https://www.anantara.com/en/world-islands-dubai.

UNFORGETTABLE SUMMER ESCAPES

With these unbeatable summer offers, you can now relax by the shimmering blue waters of the Arabian Gulf while discovering the finest culinary offerings and facilities for all ages

Treat yourself to a rewarding summer sojourn at Sheraton Abu Dhabi Hotel & Resort, Le Meridien Abu Dhabi, Radisson Blu Hotel & Resort, Abu Dhabi or Radisson Blu Hotel & Resort, Al Ain. Whether you want to unwind by the private beach, get pampered at the spa and wellness centres, enjoy the luscious gardens or indulge in gastronomic specialities, you can find an escape that suits you best.

RADISSON BLU HOTEL & RESORT AL AIN

This serene oasis offers exotic picturesque gardens at the heart of the garden city. The five-star luxury stay is just a stone's throw away from World Heritage sites, and features three swimming pools, a child-friendly pool, a dedicated play area for little ones, four outdoor tennis courts and top-notch fitness centres.

Home to numerous restaurants, you can find delightful Tex Mex dishes such as sizzlers, quesadillas and more at Paco's, unwind at the cosy Palm Court Café, with refreshments, pastries and fresh bread from the bakery, sip on fresh concoctions alongside poolside nosh at the Club House, and dine at Makani, which means "my place" in Arabic for authentic Arabic dishes including manakish and mixed grills.

The offer includes AED200 daily dining credits to use on-site, late 3pm checkout and pool access until sunset. Two kids under 12 years old stay free when sharing a room with parents, from AED299 per night. Visit radissonbluhotels.com to book.









LE MERIDIEN ABU DHABI

A little slice of paradise, this urban resort offers a blend of tranquillity, beachfront decadence and dynamic energy. Inaugurated by the Father of the Nation, Sheikh Zayed, and Her Majesty Queen Elizabeth II, this notable site is set amongst a bustling metropolis. Sited by Tourist Club, right next to Abu Dhabi Mall, the venue boasts renovated guest rooms featuring vibrant paintings by local artists, in addition to the renowned Le Méridien signature beds.

To satisfy all your cravings you can find Italian classics at Méridien Plaza, indulge at the all-day contemporary eatery Latest Recipe, tuck into exquisite Mediterranean specials at Mykonos, and authentic British pub food from hearty shepherd's pie to fish and chips and bangers and mash at Captain's Arms, while watching your favourite sports team play on the massive outdoor LED screens. Head to the decadent tea lounge Al Finjan and indulge in homemade pastries and freshly baked goods.

Eden Spa offers a holistic experience with unique offerings such as the newly opened Turkish hammam, steam, sauna, jacuzzi,

tennis and squash court, fitness centre, private beach, and a pool. Leave the place rejuvenated as your physical, mental and spiritual wellbeing is all taken care of.

The offer includes AED300 daily dining credit, Guaranteed late checkout until 3pm, beach and pool access from 9am until sunset. Two kids under 12 years old stay free when sharing a room with parents, from AED429 per night. Visit marriott.com to book.





RADISSON BLU HOTEL & RESORT, ABU DHABI

Surrounded by a mesmerizing eight-kilometer coastline, Radisson Blu Hotel & Resort Abu Dhabi boasts the first beach club in the city to have a wave pool, lazy river and an adventure park, and is a popular beach destination within the heart of the capital.

You can find a sensational international buffet at La Terrazza, and flavoursome Mediterranean fusion dishes with views of the Arabian Gulf at West Bay Lounge. The award-winning Hemmingway's serves pub grub, while Vertigo Bar & Lounge is the place to unwind at for the perfect sunset viewing spot overlooking the Arabian waters. Delectable pastries await diners at the Austrian-style coffee house, Vienna Plaza. By the pool, Escape offers fruity concoctions to beat the heat while cooling down.

The offer includes AED300 daily dining credits to use on-site, late 3pm checkout and pool access until sunset. Two kids under 12 years old stay free when sharing a room with parents, from AED479 per night. Visit radissonbluhotels.com to book.













SHERATON ABU DHABI HOTEL & RESORT

Nestled on Corniche, this hotel and resort has been a prominent sight of the capital's skyline since 1979. The iconic landmark was one of the first internationally branded hotels operated in the emirate, and offers standard, executive, diplomatic and presidential suites.

Those looking for a relaxing staycation within the city can kickstart the day with an energizing buffet breakfast at the all-day dining restaurant Flavours. Expect a global epicurean buffet and live cooking stations for lunch, or hotfoot to the Le Bistrot for Mediterranean, French and European dishes paired with the finest grapes. B Lounge sets an upbeat mood with live performances and DJ sets, and if you're looking to catch a big game on the screen, the Tavern is an authentic British pub with a laidback ambience and fresh hops.

The offer includes AED300 daily dining credits to use on-site, late 3pm checkout and pool access until sunset. Two kids under 12 years old stay free when sharing a room with parents, from AED449 per night. Visit marriott.com to book.

ANAR

AUTHENTIC PERSIAN CUISINE

A sanctuary from the hustle and bustle of the Madinat Jumeirah Souk, Anar is where you meet,eat and drink.





Anar is an authentic Persian restaurant with a contemporary touch that has been a favorite amongst residents for over 18 years. Delivering a consistent quality by its resident Persian chefs, a place where authenticity and tradition are the foundation of its dishes. A hub of nostalgia, and a home away from home for the Persian community that resides in Dubai. It is also the perfect escape for expats and Arabs to experience the Persian culture through a brand-new experience, highlighted by the food cooked with love and reminiscent of childhood summers.

LARTE ANAR ASHNA illy CAFFE

www.comida.ae

SOUK MADINAT JUMEIRAH | 04 368 6505

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



BRUNCH AND STAYCATION FOR TWO AT AL HABTOOR POLO RESORT, WORTH AED799

At the centre of Dubailand, is this relaxing 5-star luxury boutique urban resort with Andalusian influences. World-class championship polo and stable facilities satisfy the needs of polo players, spectators, and equestrians alike as expansive green polo lawns lap terracotta terraces. One lucky winner will get the chance to experience a one night stay for two, brunch, breakfast and pool access at this luxe escape.



GIFT VOUCHER TO SHOP THE CITRON SUMMER 22 RANGE, WORTH AED500

Homegrown family retailer Citron has expanded its range of functional and stylish products to meet the demands of adult customers and their children. Designed to last, with no compromise on Citron's famously sustainable mindset, the 2022 collection features the largest range of Citron products yet, with brand-new travel mugs, water bottles, food jars, picnic bags and cutlery in stunning new hues, to make the commute or 'lunch al desko' a little bit easier for everyone. One winner will receive a voucher to shop at Citron.



MEAL FOR TWO AT SEVA, WORTH AED500

Experience a fresh, and vibrant experience at SEVA Table, the first 100% plant-based, gluten-free and GMO-free café in the Middle East, since 2014. Located on Jumeirah 1, boasting a lush garden and unique atmosphere, the café offers wholesome, flavour-packed dishes. One winner can get this dining experience for two, to savour a variety of exquisite dishes.



GIFT VOUCHER FOR SOCIAL AT S BAR, WORTH AED500

Unwind with select food and beverages while admiring the spectacular views of the stunning Burj Khalifa and skyline. Enjoy the eclectic design, refined glamour and charm that S Bar is known for. An experience to remember that is nothing short of pure bliss is guaranteed. One lucky person will receive a voucher to use during social hour Sunday to Thursday from 5-8pm at S Bar.

Images SUPPLIED



FAMILY SUNDAY BRUNCH FOR TWO ADULTS AND TWO CHILDREN AT THE M ONE RESTAURANT, WORTH AED500

The all-day dining outlet, The M One Restaurant, located at Millennium Place Barsha Heights welcomes guests for a fun Sunday brunch that offers diners a wide selection of dishes from across the globe. Promising a diverse range, the brunch indulges your cultural appetite with dishes including pasta marinara, butter chicken, a roast lamb carving station as well as live cooking stations that feature fresh seafood, meats, pizzas and crepes. Additionally, little ones can have mouthwatering treats at their vibrant corner, with mini burgers, mac and cheese, a chocolate fountain, fresh popcorn and live cotton candy. While the Sunday brunch is on from 12:30pm to 4pm, tiny tots are in for an extended treat at the Kid's Club, where the real fun happens. One winner will win this brunch experience for two adults and two children at M One restaurant.



ONE-HOUR FULL BODY MASSAGE AT SOFITEL PALM JUMEIRAH SPA, WORTH OVER AED600

At the heart of this 5-star Dubai resort is Sofitel SPA with L'Occitane, a haven of relaxation inspired by the natural products from France's Provence region. Fragrant lavender, nourishing almond oil, rejuvenating infusions of cade wood and rosemary, these are just a few of the authentic ingredients included on this spa menu. From facials to body wraps, each treatment pairs the time-honoured remedies of Provence with traditional global therapy techniques, taking you on a holistic voyage of the senses designed to create a deep-rooted sense of wellbeing. One lucky person will have the chance to revitalize their body and mind with a one-hour full-body signature massage at Sofitel SPA with L'Occitane, including pool access.



SATURDAY BRUNCH FOR TWO AT RAIA, TAJ EXOTICA THE PALM, WORTH AED900

The Panorama Brunch, set to take place every Saturday from 1-4:30pm, invites guests to experience a world of modern Moroccan and Andalusian aesthetics, combined with hints of contemporary vibes and warm hospitality. With the set-menu served sharing style, diners can embark on a culinary journey with creations inspired by the old spice routes, making use of exotic ingredients from Mumbai to Marrakesh, including rose, saffron, and ginger, creatively incorporated into a variety of unique dishes as well as an expertly curated selection of beverages. What's more, following the brunch, guests can choose to elongate the celebrations of the afternoon with an extended beverage package from 5-7pm for AED150 per person. One winner will get a Saturday brunch voucher for two at Raia rooftop bar & lounge.

To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.









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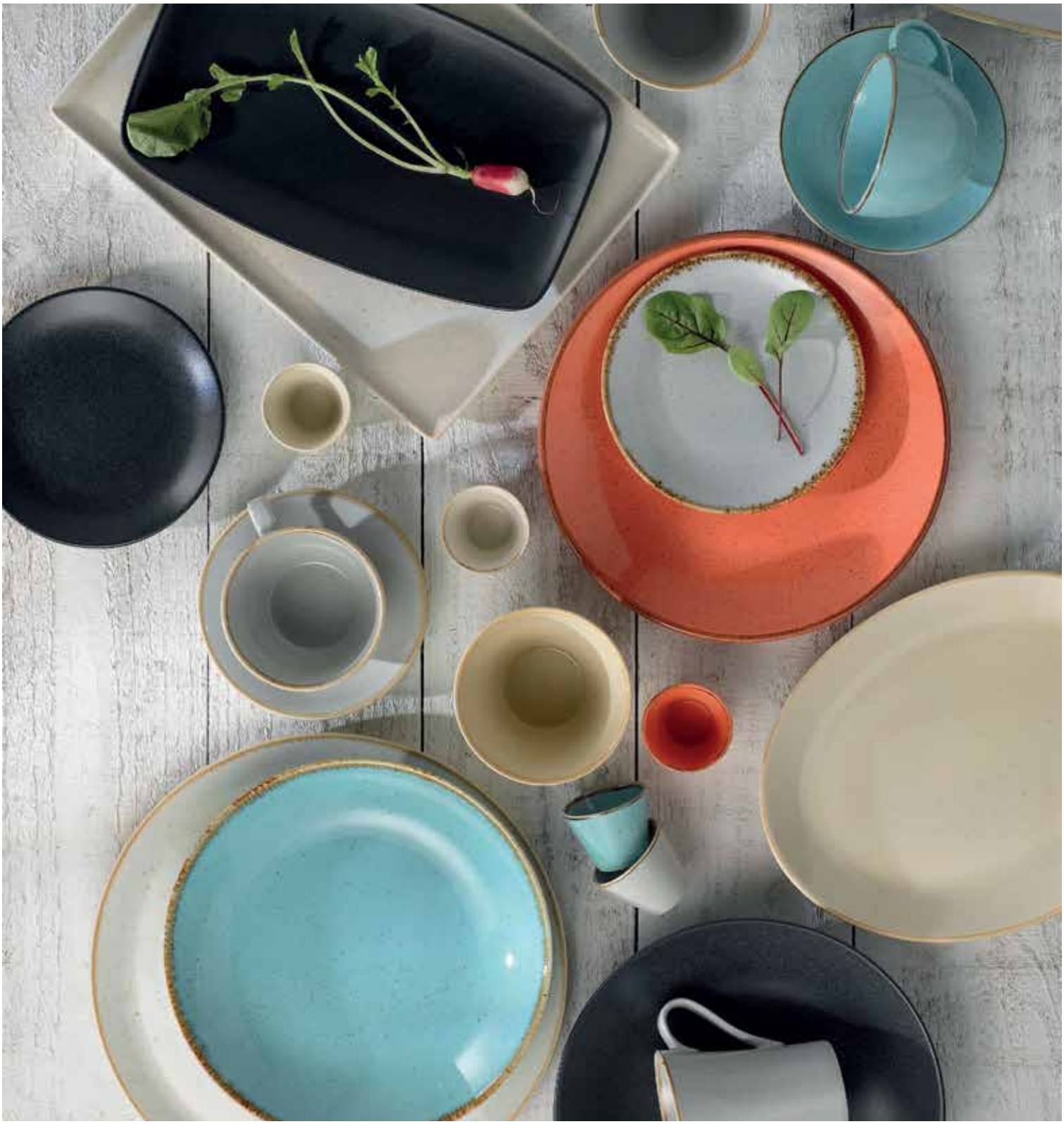
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